Magic Chef Owner's Guide

TimeSavor™ Range featuring the Speed Oven

Keep these instructions for future reference. If you have any questions please call us at 1-800-688-1120

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IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

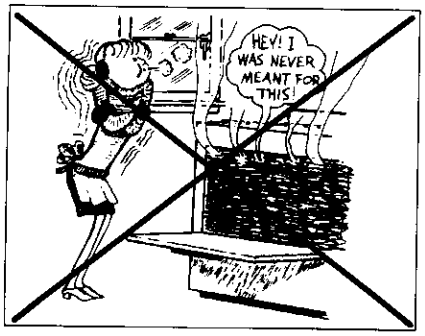
The following instructions are based on safety considerations and must be strictly followed to eliminate the potential risks of fire, electric shock, or personal injury.

Proper installation – Be sure your appliance is properly installed and grounded by a qualified technician.

Care should be given to location of appliance – Be sure floor covering under appliance, walls adjacent to appliance, cabinetry adjacent to appliance, and other materials adjacent to appliance can withstand prolonged heat. This is a heavy appliance and can settle into soft floor coverings such as cushioned vinyl. Use care when moving range on this type of floor covering.

After appliance is installed – Be certain all packing materials are removed from the appliance before operating the unit. If appliance is installed near a window, take steps to prevent curtains from blowing over surface elements creating a fire hazard.

Never use your appliance for warming or heating the room.



Storage above range – To eliminate the hazard of reaching over hot surface elements, cabinet storage should not be provided directly above a unit. If provided, storage should be limited to infrequently used items that can be safely stored in an area subjected to heat. Temperatures may be unsafe for some items such as volatile liquids, cleaners, or aerosol sprays. If cabinet storage is provided, installation of a range hood that projects at least 5-inches beyond the bottom of the cabinet will reduce the hazards associated with such storage.

Wear proper apparel – Loose-fitting or hanging garments should never be worn while using the appliance.

User servicing – Do not repair or replace any part of the appliance unless specifically recommended in the Owner's Guide. All other servicing should be referred to a qualified technician. Always disconnect unit or cut-off power to unit before any servicing.

Storage in, on or near appliance – Do not store or use gasoline or other flammable materials, vapors and liquids in the oven, near surface units or in the vicinity of this or any other appliance. The fumes can create a fire hazard or explosion. Do not use cooktop or oven as a storage area for food or cooking utensils.

Use only dry potholders – Moist or damp potholders on hot surfaces may result in burns from steam. Do not let potholder touch hot heating elements. Do not use a towel or other bulky cloths.

Use proper pan size – This appliance is equipped with one or more surface elements of different sizes. Select utensils having flat bottoms large enough to cover the surface element. The use of undersized utensils will expose a portion of the heating element to direct contact and may result in ignition of clothing. Proper relationship of utensil to element will also improve efficiency.

Never leave surface units unattended at high heat settings – Boilovers cause smoking and greasy spillovers may ignite.

To prevent damage to range – Never operate a surface unit without a pan in place and never allow a pan to boil dry.

Make sure drip bowls are in place – Absence of these bowls during cooking may subject wiring or components underneath to damage.

Protective liners – Do not use aluminum foil liners to line surface unit drip bowls or oven bottom, except as suggested in the Owner's Guide. Improper installation of these liners may result in a risk of electric shock, or fire.

Glazed cooking utensils – Only certain types of glass, glass/ceramic, ceramic, earthenware, or other glazed utensils are suitable for range-top service without breaking due to the sudden change in temperature.

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS (continued)

Utensil handles should be turned inward and not extend over adjacent surface units – To reduce the risk of burns, ignition of flammable materials, and spillage due to unintentional contact with the utensil, the handle of a utensil should be positioned so that it is turned inward, and does not extend over adjacent surface elements.

Do not soak removable heating elements – Heating elements should never be immersed in water. Immersing element in water would damage insulating material inside element.

Use care when opening door – Let hot air or steam escape before removing or replacing food.

Do not heat unopened food containers – Build-up of pressure may cause container to burst and result in injury.

Keep oven vent ducts unobstructed – The vent is located at the base of the backguard. Blockage of vent prevents proper oven air circulation and will affect oven performance. Avoid touching oven vent area while oven is on and for several minutes after oven has been turned off. Some parts of the vent and surrounding area become hot enough to cause burns.

Placement of oven racks – Always place oven racks in desired location while oven is cool. If rack must be moved while hot, use care to avoid contact of potholder with oven element.

Do not cover oven racks, the oven bottom or any other part of the oven with aluminum foil – This will cause overheating of the oven. The incorrect use of aluminum foil when using the Speed Oven feature will negatively affect how this feature operates. Use aluminum foil only as directed in this manual.

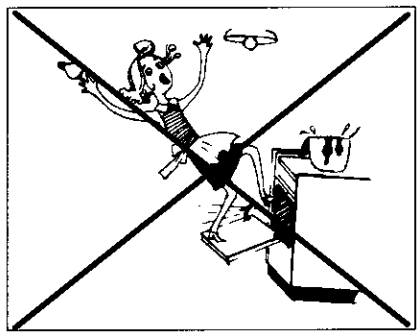
Clean ventilating hoods frequently – Grease should not be allowed to accumulate on hood or filter. When flaming foods under the hood, turn the fan off. The fan, if operating, may spread the flame.

Deep fat fryers – Use extreme caution when moving the grease kettle or disposing of hot grease.

Do not touch surface elements or oven elements, areas near elements or interior surfaces of oven – Elements may be hot even though they are dark in color. Areas near surface elements and interior surfaces of oven may become hot enough to cause burns. During and after use, do not touch or let clothing or other flammable materials contact heating elements, areas near elements, or interior surfaces of oven until they have had sufficient time to cool. Among these areas are the cooktop, surfaces facing the cooktop, oven vent opening and surfaces near this opening, oven door, and oven window. Also, do not allow aluminum foil, meat probes or any other metal object, other than a utensil on a surface element, to contact heating elements.

Smoothtop cooktop – Do not cook on broken cooktop. If cooktop should break, cleaning solutions and spillovers may penetrate the broken cooktop and create a risk of electric shock. Contact a qualified technician immediately. Clean cooktop with caution. If a wet sponge or cloth is used to wipe spills on a hot cooking area, be careful to avoid a steam burn. Some cleaners can produce noxious fumes if applied to a hot surface.

Oven door – Do not place excessive weight on an open oven door or stand on an open oven door as, in some cases, it could cause the range to tip over, breakage of the door, or serious injury.



To avoid possible exposure to microwave energy, do not operate the oven using the Speed Oven feature if the oven door locking mechanism or door seal is damaged. See page 4 for additional safety instructions.

Anti-tip bracket warning:
To reduce the risk of tipping of the appliance from unusual usage or by excessive loading of the oven door, the appliance must be secured by a properly installed anti-tip device. To check if device is installed properly: Use a flashlight and look underneath range to see that one of the rear leveling legs is engaged in the bracket slot. When removing appliance for cleaning, be sure anti-tip device is engaged when range is replaced. The anti-tip device secures the rear leveling leg to the floor, when properly engaged.

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS (continued)

Circuit breaker or fuse - Locate and mark breaker or fuse. Never replace a blown fuse or reset a breaker until you know what has caused the problem. Always replace a blown fuse with one of the correct amperage, do not use a substitute.

Control knobs - Turn off control at the completion of a cooking operation.

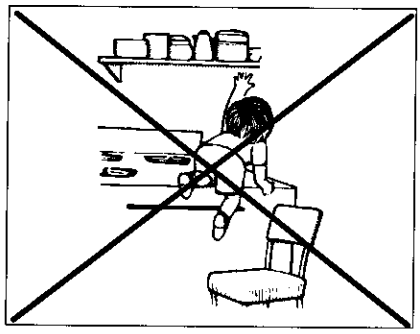
Self-cleaning oven - Do not clean door gasket. The door gasket is essential for a good seal. Care should be taken not to rub, damage, or move the gasket. Do not use oven cleaners or oven liner protective coating of any kind in or around any part of the self-clean oven. Clean only parts listed in this booklet. Before self-cleaning the oven, remove broiler pan, oven racks, and other utensils. Listen for a fan. A fan noise should be heard during a cleaning cycle. If not, cancel clean cycle and call a qualified technician before self-cleaning again.

It is normal for the cooktop of the range to become hot during a self-clean cycle. Therefore, touching or lifting the cooktop during a clean cycle should be avoided.

CAUTION: DO NOT LEAVE FOOD OR COOKING UTENSILS, ETC., IN OVEN DURING THE SELF-CLEANING MODE OF OPERATION.

ATTENTION: NE LAISSER AUCUN ALIMENT, USTENSILE DE CUISINE, ETC., DANS LE FOUR DURANT LE CYCLE D'AUTONETTOYAGE.

Do not leave children alone - Children should not be left alone or unattended in an area where appliance is in use. They should never be allowed to sit or stand on any part of the appliance. CAUTION: Do not store items of interest to children in cabinets above an appliance or on the backguard of a range.



Children climbing on the appliance to reach items could be seriously injured. Children must be taught that the appliance and utensils in or on it can be hot. Children should be taught that an appliance is not a toy. They should not be allowed to play with controls or other parts of the unit.

IN CASE OF FIRE:

1. Turn off appliance and ventilating hood. Disconnect power at the fuse or circuit breaker.
2. Use dry chemical or foam-type extinguisher or baking soda to smother fire or flame. Never use water on a grease fire.
3. If fire is in oven, smother by closing oven door.
4. If fire is in a pan on the surface unit, cover pan.

This appliance has been tested for safe performance using conventional cookware. Do not use any devices or accessories that are not specifically recommended in this manual. Do not use eyelid covers for the surface units, stove top grills, or add-on oven convection systems. The use of devices or accessories that are not expressly recommended in this manual can create serious safety hazards, result in performance problems, and reduce the life of the components of the appliance.

Prepared food warning - Follow food manufacturer's instructions. If a plastic frozen food container and/or its film cover distorts, warps, or is otherwise damaged during cooking, immediately discard the food and its container. The food could be contaminated.

Important safety notice and warning: The California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65) requires the Governor of California to publish a list of substances known to the State of California to cause cancer or reproductive harm, and requires businesses to warn customers of potential exposures to such substances.

Users of this appliance are hereby warned that when the appliance is engaged in the self-clean cycle there may be some low-level exposure to some of the listed substances, including carbon monoxide. Exposure to these substances can be minimized by properly venting the appliance to the outdoors during the self-clean cycle.

(continued next page)

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

A. Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

B. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

C. Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) Door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

D. The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

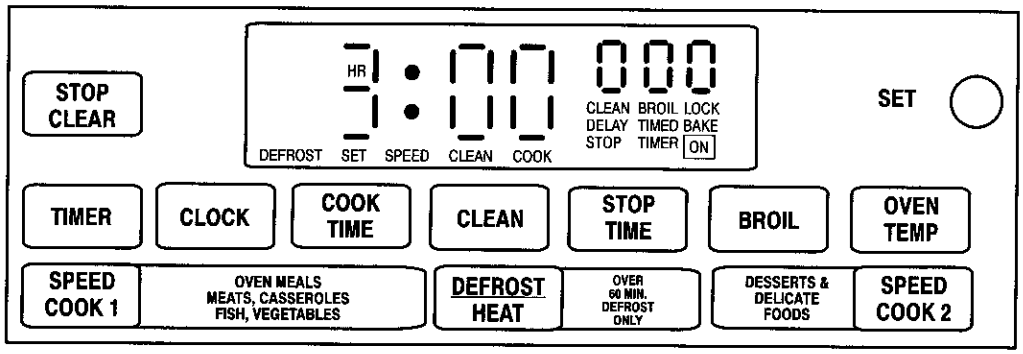
When using the Speed Oven feature basic safety precautions should be followed, including the following:

WARNING - To reduce the risk of burns, electrical shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all the instructions before using the appliance.
2. Read and follow the specific "precautions to avoid possible exposure to excessive microwave energy" found at the top of this page.
3. This appliance must be properly grounded. See installation instructions for grounding instructions.
4. Install or locate this appliance only in accordance with the installation instructions.
5. Some products such as whole eggs and sealed containers, such as closed glass jars, may explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual or in the Speed Oven Cooking Guide. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or defrost food. Do not use for drying clothes, linens, newspaper, or similar non-food type items. It is not designed for industrial, laboratory, or commercial use. It is intended for home use only.
7. Make sure that all persons using this appliance, especially children, are closely supervised and properly instructed on how to use this appliance.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service facility for examination, repair or replacement. Do not attempt to service or repair this appliance yourself.
10. Do not cover or block any openings on the oven.
11. Do not store this appliance outdoors. Do not use this product near water - for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
12. Do not immerse cord or plug in water.
13. When cleaning surfaces of door and oven that come together on closing door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth. Do not clean or rub the gasket around the oven door.
14. To reduce the risk of fire in the oven cavity:
    a. Do not overcook food, especially starchy items such as potatoes and fatty items such as bacon. Carefully attend appliance if heat-proof paper or plastic containers are placed inside the oven. If a plastic frozen food container and/or its film cover distorts, warps or is otherwise damaged during cooking, immediately discard the food and its container. The food could be contaminated.
    b. Remove wire twist-ties from heat-proof paper or oven cooking bags before placing bag in oven.
    c. If materials inside the oven should ignite, keep oven door closed, turn oven off and shut off power at the fuse or circuit breaker panel.
    d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use. Use only heat-proof paper or plastic containers recommended for use in a conventional oven.
15. Use only cooking utensils and accessories, specifically described in this manual or in the cooking guide.
16. Do not use outdoors.
17. Stay near the oven while it is in use and check cooking progress frequently. Leaving the oven unattended may result in overcooked food and possibly a fire in your oven.

SAVE THESE INSTRUCTIONS

CLOCK AND OVEN CONTROL



(Note: All indicator words are displayed to show their location.)

STOP/CLEAR

Press this pad to cancel all programming except the Clock and Timer.

TIMER

1. Press TIMER.
2. Turn SET knob to desired time.

TIMER can be set from 1 minute (0HR:01) up to 9 hours and 50 minutes (9 HR:50). The TIMER does not control the oven.

The timing operation will start automatically. Colons will flash in the display to indicate a timing operation. One long continuous beep signals the end of the timing operation and "End" briefly appears in the display. The time of day will automatically reappear in the display. The TIMER does not control the oven.

To cancel: Press TIMER and hold for 3 seconds. Time of day will reappear after a slight delay.

CLOCK

1. Press CLOCK.
2. Turn SET knob until display shows correct time of day.

When power is first supplied to oven or if there has been a power failure, the display will flash. Follow above instructions to set clock. Clock time cannot be changed when oven is set for automatic oven cooking, self-clean or Speed Oven operations. Cancel operation then set clock.

Press CLOCK to recall time of day when another function is displayed.

CLEAN

1. Press CLEAN.
2. Close and lock oven door.
3. Oven will automatically clean for 3 hours. Select 2 to 4 hours by turning SET knob.

"door" will appear in display until the door is properly locked. See pages 24 and 25 for additional information.

COOK TIME/STOP TIME

To begin cooking immediately:

1. Press COOK TIME. Enter desired cooking time by turning the SET knob.
2. Press OVEN TEMP. Enter oven temperature with SET knob.

To delay the start of cooking:

1. Press COOK TIME. Enter cooking time with SET knob.
2. Press STOP TIME. Enter the time you wish the oven to turn off with SET knob.
3. Press OVEN TEMP. Enter oven temperature with SET knob.

The oven will automatically turn on and off at the preset times. 4 beeps will signal the end of cooking. "End" will appear in the display and continuous beeps will prompt you to remove the food from the oven.

Press STOP/CLEAR to cancel end-of-cooking beeps.

See pages 12 and 13 for additional information.

SET KNOB

Turn this knob in either direction to enter time or temperature. This knob is also used to select HI or Lo broil.

OVEN TEMP

1. Press OVEN TEMP.
2. Turn SET knob until desired oven temperature appears in the display.

See pages 11 to 17 for additional information on conventional baking and roasting. Do not press this pad if using the Speed Oven feature.

BROIL

1. Press BROIL.
2. Turn SET knob clockwise to select HI broil or counter clockwise to select LO broil.

See page 18 for additional information.

ADDITIONAL INFORMATION

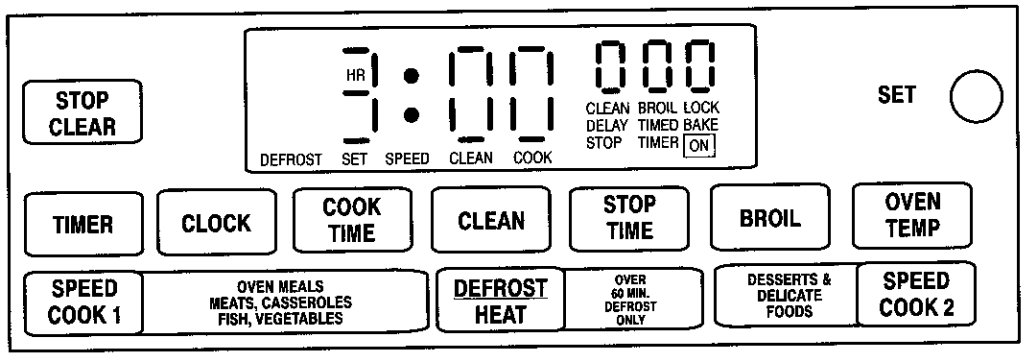
A beep sounds each time a pad is pressed.

If "door" appears in the display it indicates that the door is not locked. See page 23 for instructions on locking the door.

If a fault code (example: F 2) is displayed and beeps sound, press STOP/CLEAR. If fault code continues, see page 28.

SPEED OVEN FEATURE

(See pages 19 to 22 for complete instructions.)



How To Set A Speed Oven Operation

1. Position the oven racks. Place the food in the oven and close the oven door.
2. Press the appropriate Speed pad.
   - SPEED COOK 1
   - SPEED COOK 2
   - DEFROST/HEAT
3. Move the door lock lever to the right or locked position.
4. Turn the SET knob until the desired Speed Cook time appears in the display. Set the Speed Cook time for half the maximum conventional cooking time. Open door and check the food at half the minimum conventional cooking time.

IMPORTANT

The Speed Cook feature automatically selects the oven temperature. All you select is the cooking time.

- **DO NOT SET OVEN TEMPERATURE**
- **DO NOT PREHEAT THE OVEN**

5. At the end of Speed Cooking, **"HOLD"** appears in the display. Move the door lock lever to the left or unlocked position. Open the door and check the food.
   - If the food is done, press the STOP/CLEAR pad.
   - If the food is not done, close and lock the oven door. Turn the SET knob to select 1 to 10 minutes of additional cooking. "HOLD" is a special operation designed to complete cooking.

Speed Settings

- Use **SPEED COOK 1** for meats, poultry, fish, casseroles, main dishes, vegetables, oven meals or frozen convenience foods in aluminum foil containers.
- Use **SPEED COOK 2** for desserts and delicate items (egg or cheese-based foods).
- Use **DEFROST/HEAT for 59 minutes or less** to *defrost-and-heat* frozen convenience foods in heatproof paper or plastic containers.
- Use **DEFROST/HEAT for 60 minutes or more** to *defrost-only* meats or poultry weighing over 4 pounds.

ABOUT "HOLD"

- "HOLD" automatically appears in the display at the end of a SPEED COOK 1, SPEED COOK 2 or DEFROST/HEAT 59 minutes or less operation.
- There is no "HOLD" if DEFROST/HEAT is set for 60 minutes or more.
- You can set additional cooking time in the "HOLD" period. "HOLD" is designed to complete cooking.
- If you do not enter a "HOLD" time, "HOLD" will automatically cancel at the end of 10 minutes and the time of day will reappear in the display.
- "HOLD" is canceled if you press STOP/CLEAR.
- If you canceled "HOLD" by mistake, select the original Speed setting and set 2 to 5 minutes of additional cooking. Check food at least once during cooking.
- Reset "HOLD" as many times as you wish.
- "HOLD" can only be set for 1 to 10 minutes at a time.

COOKTOP USE

Control Knobs

Your cooktop is equipped with control knobs that provide an infinite choice of settings from LOW to HIGH. The knob can be set on or between any of the numbered settings.

To operate push in and turn the knob in either direction to the desired setting.

To remove knobs for cleaning, gently pull forward. Wash knobs in mild detergent and water. Do not use abrasive cleaning agents as they will scratch the finish and remove markings. Rinse, dry and replace. Turn on each element to be sure knobs have been replaced correctly.

Cooking Tips

To prevent damage to the range, backguard or utensil, never operate surface unit without a pan in place, never allow a pan to boil dry and never operate an element on HIGH for extended periods of time.

Food will not cook any faster at a higher setting than needed to maintain a gentle boil. Water boils at the same temperature whether boiling gently or vigorously. If a high setting is used, excessive spattering will occur and food may stick or burn onto the bottom of the pan.

If a higher heat setting is used to bring liquid to a boil or to begin cooking, always **reduce** to a lower setting once liquid comes to a boil or food begins cooking. **Never leave food unattended during a cooking operation.**

Fit the size of the cookware to the size of the element. This conserves energy.

Cookware

Cooking performance is greatly affected by the type of cookware used. Proper cookware will reduce cooking times, use less energy and produce more even cooking results. For best results use a heavy gauge metal pan with a smooth flat bottom and a tight fitting lid.

Cookware with uneven, warped, or grooved bottoms do not make good contact with the heating surface, will reduce heat conductivity and result in slower, less even heating.

Different types of cookware materials require different heat settings for the same cooking operation. The chart below is based on heavy gauge aluminum cookware. Lower the heat setting if using a thinner gauge metal or other materials.

Oversized cookware or cookware that rests across two elements are not recommended as they may trap enough heat to cause damage to the cooktop or elements. This is especially important when canning.

Do not use woks equipped with round metal rings. The ring, which is designed to support the wok above the element, will trap heat and may damage the element and the cooktop.

Canning

Use the HIGH setting just until water comes to a boil or pressure is reached in the pressure canner. Then, **reduce** to the lowest heat setting that maintains the boil or pressure. Prolonged use of the HIGH setting, or the use of incorrect canning utensils produces excessive heat. Excessive heat can cause permanent damage to the porcelain cooktop, coil element and the drip bowl.

SUGGESTED HEAT SETTING GUIDE

HEAT SETTINGS	USES
HIGH	To bring liquid to a boil, blanch, preheat skillet, or reach pressure in a pressure cooker. **Always** reduce to a lower heat setting when liquids just begin to boil or foods begin to cook.
Medium–High 7–9	To brown or sear meat; heat oil for deep fat frying; scald; to saute or fry. Maintain fast boil for large amounts of liquids.
Medium 4–6	To maintain moderate to slow boil for large amounts of liquids. To continue cooking uncovered foods and for most frying operations.
Medium–Low 1–3	To continue cooking covered foods and to maintain pressure in most pressure cookers. Stew, braise or steam operations. To maintain boil for small amounts of liquid, poach, steam or simmer.
LOW	To keep foods warm before serving. Melt chocolate.

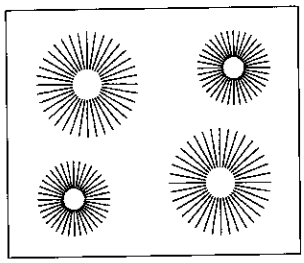
NOTE: Refer to cookware manufacturer's recommendations for suggested heat settings. Some manufacturers do not recommend the use of HIGH, or the use of HIGH for extended cooking operations.

SMOOTHTOP COOKTOP

Cooking Areas

On Canadian models only: The surface units will not operate during a clean cycle. This is normal.

The four cooking areas on your range are identified by permanent patterns in the cooktop. There are two large (8-inch) and two small (6-inch) areas. The patterns on your cooktop may not look like the cooktop in this illustration but your cooktop will operate as described in this manual.



Before using the cooktop for the first time, clean it thoroughly as directed on the cleaning chart on page 8. This will protect the smoothtop and will guarantee a clean cooktop when the elements are turned on.

During the first few hours of use, you may notice that the cooktop emits a slight burning odor and a light smoke. Both of these conditions are normal.

When a cooking area is turned on, the coil element under the cooktop will heat up and glow red. To maintain the heat setting the element will cycle on and off. It is normal to see a red glow through the smoothtop when the element cycles on.

Indicator Lights

Ranges are equipped with two indicator lights which glow when a surface element is on. The indicator light will remain on until the element is turned off. After a cooking operation, be sure the element and indicator light are off.

Hot Surface Light

Your range is equipped with a HOT SURFACE light located at the center-back of the smoothtop. This red light will turn on to indicate that the smoothtop is hot and will remain on until the top has cooled.

Retained Heat

The smoothtop cooking area retains heat for a period of time after the element has been turned off. Turn the element off a few minutes before food is completely cooked and use the retained heat to complete the cooking operation. After 30 minutes, the cooktop may be too cool to keep foods warm. However, the TOP MAY STILL BE TOO WARM TO TOUCH. When the HOT SURFACE light turns off, the top will be cool enough to touch.

Cooking Tips

When cooking delicate foods which easily scorch or overcook, start with a lower heat setting then gradually increase the setting until you find the optimum setting. Boilovers are more likely to occur if you start out on HIGH then reduce to the lower setting. If you do begin cooking on HIGH, reduce to a lower setting before liquids come to a full boil.

If food is cooking too fast or if a boilover occurs, remove lid or remove cookware from cooking area and reduce to a lower setting. Allow enough time for the cooking area to adjust to the new setting.

Cookware

Aluminum foil will damage the smoothtop if it melts onto the glass. Do not use aluminum foil or foil-type disposable containers such as popcorn poppers under any circumstances. They may leave metal marks or may permanently melt onto the smoothtop. Do not use cooktop if aluminum foil melts onto the smoothtop. Call an authorized servicer. Do not attempt to repair cooktop yourself.

Aluminum cookware will cause metal marks on the glass if you slide them across the smoothop. Remove any metal marks immediately using Cooktop Cleaning Creme.

Glass ceramic, earthenware, porcelain over metal, heat-proof glass or glazed cookware may scratch the smoothtop cooktop if you slide them across the top.

To Protect The Smoothtop

- Do not use the top as a work surface or as a cutting board. Do not cook food directly on the cooktop.
- Do not use a trivet or metal stand (such as a wok ring) between the utensil and the cooktop. These items can mark or etch the surface and affect cooking efficiency.
- Do not place plastics on a warm or hot cooking area. They will melt and adhere to the smoothtop. The smoothtop may chip or pit in attempting to remove melted plastic from the top.
- To prevent scratching or damage to the smoothtop, do not leave sugar, salt, sand, soil, shortening or other fats on the cooking area. Be sure area is free from these before turning on cooking area.
- Be sure the bottom of the cookware is smooth and free of nicks, scratches or rough areas as they may scratch the smoothtop.
- Do not allow a pan to boil dry. This could cause permanent damage to the smoothtop.

(continued on next page)

Care Information

To help keep cooktop clean, be sure cooking area and cookware bottom are clean and dry before each use.

To prevent possible damage to the cooktop, always rinse the bottom of cookware to completely remove any cleaning agent residue. This is especially important when using a copper or aluminum cleaner. In the presence of heat, the cleaning residue may stain, discolor or etch the smoothtop.

Carefully blot up spillovers around the outside of the cooking area as they occur with dry paper towels. BE CAREFUL NOT TO BURN HANDS WHEN WIPING UP SPILLS. DO NOT USE A DAMP CLOTH WHICH MAY CAUSE STEAM BURNS.

When surface is cool, clean as directed in the chart. **DO NOT USE** the following cleaning agents.

- Abrasives (metal scouring pads, cleansing powders, scouring cleaners or pads) will scratch the smoothtop.
- Chemicals (oven cleaners, chlorine bleaches, rust removers or ammonia) may damage the finish of the smoothtop.
- Glass cleaners containing ammonia may harm the smoothtop.
- Soiled cloth or sponge will leave an invisible film on the cooktop which may scratch or cause discoloration the next time the cooktop is used.

IMPORTANT: Watch sugary solutions carefully to avoid boilovers.

If a sugar solution (such as jam, jelly, candy) is allowed to boilover, it may pit the smoothtop. Turn element to LOW and clean sugary boilovers **immediately**.

Use a wooden spoon or a wooden-handled metal spatula to scrape boilover to a cooler area of the cooktop or use several layers of dry paper towels to wipe up spillover. If a paper towel is used, be careful to avoid steam burns. Turn element off. When cool, use a single-edge razor blade to scrape off soil. Clean with Cooktop Cleaning Creme, rinse and dry.

Cleaning Chart

CAUTION: Before cleaning, be certain all elements are turned off and the cooktop is cool. Use only cleaning agents recommended in the cleaning chart. Other materials may damage the finish of the smoothtop.

Daily cleaning, light to moderate stains.	Cooktop Cleaning Creme. Liquid dishwashing detergent. Paste of baking soda and water.	Gently apply with a soft cloth or a non abrasive plastic brush, nylon or plastic pad, or paper toweling, rinse completely and dry.
Burned on or heavy stains.	Single-edge razor blade such as Widget by Gillette.	When cooktop is cool, place edge of single edge razor on cooktop at a 30° angle. Very **CAREFULLY** scrape off soil. Clean remaining soil with Cooktop Cleaning Creme.
Brown or gray stains from HARD WATER or metal marks.	Cooktop Cleaning Creme.	Gently scour with creme to remove as much as possible. Reapply paste, cover with a damp cloth and let stand for 30 minutes. Scour with additional paste to remove remaining stain. Rinse completely and dry.

Problem Solving Chart

PROBLEM	CAUSE	TO PREVENT
Tiny scratches or abrasions	Coarse particles (dust salt and sand) between cookware bottom and cooktop. Incorrect cleaning materials. Sliding glassware or metal across top or using cookware with rough bottoms.	Tiny scratches are not removable and do not affect cooking. In time, the scratches will become smoother and less visible. Be sure cookware bottoms and cooktop are clean before use. Use cookware with a smooth, non-scratching bottom. Do not slide cookware across cooktop.
Metal-marking	Sliding or scraping metal utensils or oven racks across cooktop.	Do not slide metal object across cooktop. Clean immediately with Cooktop Cleaning Creme.
Brown streaks and specks	Boilovers, incorrect cleaning materials, used soiled cloth or sponge, soiled cookware.	Remove boilovers before reusing the cooktop. Use a clean cloth or sponge. Be sure cookware, especially bottoms, are clean and dry.
Areas of discoloration with a metallic sheen	Mineral deposits from water and foods.	Use cookware with bottoms that are clean and dry. Use correct heat setting to prevent boilovers.
Pitting or flaking.	Sugary boilovers from sugar syrups, candy, jams, jellies, dessert sauces, etc.	Use correct heat setting and large enough utensil. Watch cooking operation to prevent boilovers or spattering.

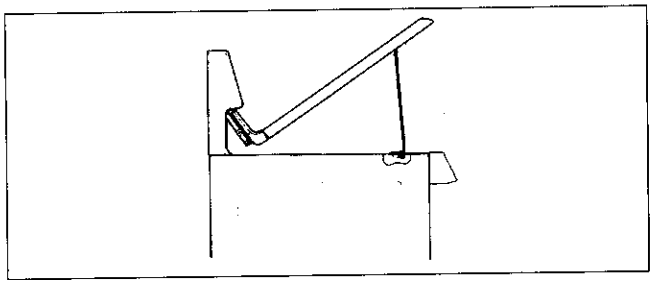
CAUTION: Do not use top if the smoothtop is cracked or broken or if metal melts onto cooktop. Call an authorized servicer. Do not attempt to repair the cooktop yourself.

COIL COOKTOP

Cooktop

Freestanding ranges with a coil-type cooktop will feature an "upswept" cooktop. The cooktop on a Canadian freestanding range does NOT lift up.

To raise the "upswept" cooktop: When cool, grasp the front edge of the cooktop and gently lift up until the two support rods at the front of the cooktop snap into place.

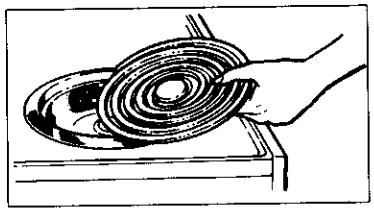


To lower the top: Hold the front edge of the cooktop and carefully push back on each support rod to release the notched support. Then gently lower the top into place. The support rods will slide into the range frame.

Surface Elements

- Surface elements are self-cleaning.
- Do not immerse elements in water.
- When an element is turned on, it will cycle on and off to maintain the heat setting.
- To prevent damage to the range, NEVER operate the surface element without a pan in place and NEVER allow a pan to boil dry.

To remove: When cool, raise element and carefully pull out and away from the receptacle.



To replace: Insert the terminals on the element into the receptacle. Gently lift up on outer edge of element (opposite terminal-side of element) while inserting terminals into receptacle. Gently press down on outer edge of element until element sits level on drip bowl.

Be sure drip bowl and chrome trim ring, if equipped, are properly installed. The notch on the trim ring should be centered over the screw securing the receptacle to the maintop. If trim ring is not installed properly and rests on this screw, the trim ring and drip bowl will "rock".

Indicator Lights

Ranges are equipped with two indicator lights which glow when a surface element is on. The indicator light will remain on until the element is turned off. After a cooking operation, be sure the element and indicator light are off.

Drip Bowls

- Be sure drip bowls, located under each element, are in place.
- Absence of these bowls during cooking may subject wiring or component parts underneath the cooktop to damage.
- To prevent risk of electric shock or fire, do not line drip bowls with aluminum foil.

Your range will be equipped with either chrome plated steel drip bowls or porcelain coated steel drip bowls.

Chrome drip bowls will turn blue or gold over time if overheated. This type of discoloration is permanent and will not affect the cooking performance.

To protect the porcelain coated steel finish, avoid using high settings for long periods of time. Reduce to a lower setting once food begins cooking. Do not use oversized cookware. Pan should not extend more than 2 inches from the element.

Clean bowls after each use with soap and water. Remove stubborn stains with baking soda paste and plastic scouring pad or a mild cleanser. To prevent scratching the finish, do not use abrasive cleaning agents. Rinse, dry and replace.

OVEN USE - For Conventional Cooking

Oven Characteristics

Every oven has its own characteristics. You may find that the cooking times and temperatures you were accustomed to with your previous range may need to be altered slightly with your new range. It is normal to notice some differences between this range and your previous range.

Fan

A fan will automatically turn on whenever the oven door is locked for a self-clean or Speed operation. The fan will automatically turn off when the door is unlocked. If the fan is still operating at the end of a Speed operation, press the STOP/CLEAR pad then unlock the oven door.

Oven Racks

The two oven racks are designed with a lock-stop position to keep racks from coming completely out of the oven. Do not attempt to change rack positions when the oven is hot.

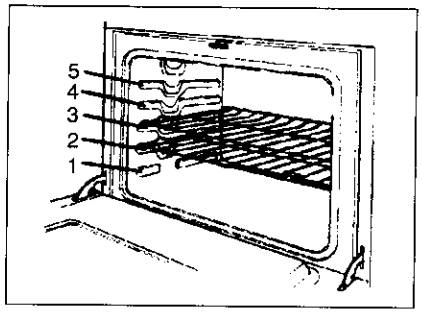
The rack positions listed below are for conventional cooking. For Speed Oven cooking rack positions, see page 20 or refer to the separate Speed Oven Cooking Guide.

Rack 5 (top of oven) used for broiling thin non-fatty foods such as fish and toasting bread.

Rack 4 used for two-rack baking or most broiling.

Rack 3 used for most one-rack baking of cookies and biscuits on a cookie sheet.

Rack 2 used for baking cakes, bundt cakes or breads, two-rack baking, roasting meats, or cooking larger foods.

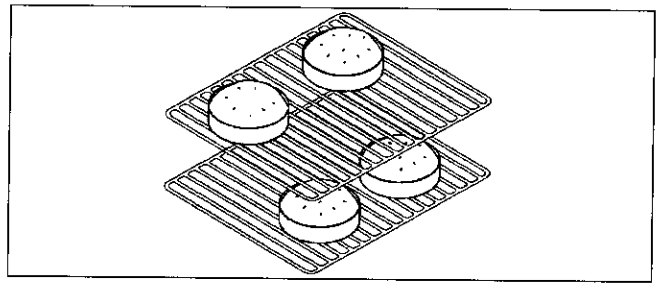


Rack 1 used for roasting turkey, baking angel food cake, pie shells, frozen pies, souffles or bread.

To remove: Be sure rack is cool. Pull rack out to the lock-stop position. Tilt the front end up and continue pulling rack out of the oven.

To replace: Place rack on rack supports, tilt up and push toward rear of oven. Pull the rack out to the lock-stop position to be sure rack is correctly replaced. Then return it to its normal position.

It is important that air can circulate freely within the oven and around the food. To help ensure this, place food in the center of the oven rack. Allow two inches between the edge of the utensil(s) and the oven walls. If cooking on two racks, stagger the food to ensure proper air flow.



For optimum baking results of cakes, cookies or biscuits, use one rack. Position rack so food is in the center of the oven. Use either rack position 3 or 2.

If cooking on two racks, use rack positions 4 and 2 for cakes and rack positions 4 and 1 when using cookie sheets. Never place two cookie sheets on one rack.

If roasting a large turkey, place the turkey on rack 1 and the side dishes on rack 5.

Use of Aluminum Foil

Do not cover entire rack with aluminum foil or place foil directly under cookware. To catch spillovers, place a piece of foil a little larger than the pan on the rack below the pan. Do not place aluminum foil across the bottom of the oven.

Preheating

Preheating is necessary for conventional baking. Allow about 10 to 15 minutes for the oven to preheat. A single beep will indicate that the oven is preheated. It is not necessary to preheat for roasting.

Selecting a temperature higher than desired will NOT preheat the oven any faster. Preheating at a higher temperature may have a negative effect on baking results.

Do not preheat the oven for Speed Cook operations. See pages 19-22 for instructions on the Speed Oven feature.

(continued on next page)

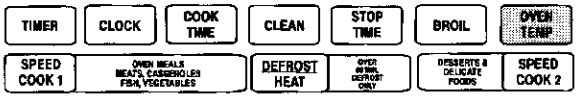
Oven Operation

Basic Instructions

1. Position oven racks.
2. Press OVEN TEMP pad.
3. Turn SET knob to desired oven temperature.

To set oven for baking or roasting:

1. Press the OVEN TEMP pad.



- 000 and BAKE indicator words will appear in the display.
- The display will return to the current time of day if the oven temperature is not entered within 30 seconds.

2. To enter the oven temperature, turn the SET knob until the desired temperature is displayed.
   - 350° will appear in the display when the SET knob is turned one click in either direction. The temperature can be set from 170 to 550°.
   - The oven will turn on within a few seconds. The ON indicator word and 75° or the actual oven temperature, whichever is higher, will appear in the display.
   - The temperature in the display will increase in 5° increments until the oven reaches the preset temperature. A single beep will signal that the oven is preheated. Allow 10 to 15 minutes for the oven to preheat.
3. Place food in the oven. Check food at the minimum cooking time. Cook longer if needed.
4. At the end of cooking, remove food and press the STOP/CLEAR pad to cancel the operation. The current time of day will reappear in the display.

To recall the preset temperature during preheat, press the OVEN TEMP pad.

To change the preset temperature, turn the SET knob until the desired temperature is displayed.

The oven will automatically turn off if it is left on for 12 hours.

Automatic Oven Cooking Feature

The Automatic Oven Cooking feature is used to turn the oven on and off at a preset time of day. This feature can be used for a conventional cook or a self-clean operation. See page 25 for instructions on delaying a self-clean operation.

The Automatic Oven Cooking feature can not be used with the Speed Oven feature.

The Automatic Oven Cooking feature will not operate unless the clock is functioning and is set at the correct time of day.

Highly perishable foods such as dairy products, pork, poultry, stuffing, seafoods, or baked goods are not recommended for delay start cooking. If cooking more than one food, select foods that cook for the same length of time and at the same oven temperature.

Basic Instructions

Example: Food is to cook for 2 hours and 30 minutes (2:30) at an oven temperature of 350°F. You wish the food to be cooked by 6 o'clock (6:00).

1. Press COOK TIME pad.
2. Turn SET knob until 2:30 (2 hours and 30 minutes) is displayed.
3. Press STOP TIME pad.
4. Turn SET knob until 6:00 (6 o'clock) is displayed.
5. Press OVEN TEMP pad.
6. Turn SET knob until 350° is displayed.
7. Press CLOCK pad and time of day reappears in the display.

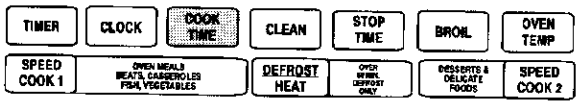
The oven will automatically turn on at 3:30; will cook the food for 2 1/2 hours at 350°F, and will automatically turn off at 6:00. Press the STOP/CLEAR pad to cancel the beeps.

NOTE: If you wish cooking to begin immediately, omit steps 3 and 4.

(continued on next page)

To set oven for immediate start:

1. Press the COOK TIME pad.



   - 0 HR:00 will appear in the display and SET COOK TIME will flash in the display.

2. Turn the SET knob to enter the cooking time.

   - The display will show cooking time in HOURS:MINUTES. Cooking time can be set from 10 minutes (0:10) up to 11 hours and 55 minutes (11:55).
   - If you delay in entering the cooking time, the program will automatically cancel and the time of day will reappear in the display.
   - If you set the cooking time but delay in entering the oven temperature, beeps will sound and the display will flash SET BAKE and 000.

3. Press the OVEN TEMP pad.

4. Enter oven temperature with the SET knob.

   - If you press the OVEN TEMP pad but delay in entering the temperature, the program will cancel and the display will return to the time of day.

5. Press the CLOCK pad and the time of day will reappear in the display. TIMED BAKE ON indicator words will remain in the display to show that the oven has been set for Automatic Oven Cooking.

6. After a few seconds, the oven will turn on. Press the COOK TIME pad if you wish to see the remaining cooking time.

7. At the end of the preset cooking time, the oven will automatically turn off, "End" will appear in the display and 4 beeps will signal the end of cooking. A beep will sound every 10 seconds to prompt you to remove food from the oven.

8. Press the STOP/CLEAR pad to cancel the beeps and remove food from the oven.The time of day will reappear in the display.

To set oven for delayed start:

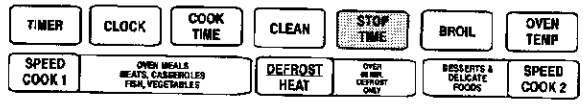
1. Press the COOK TIME pad.

   - 0 HR:00 will appear in the display and SET COOK TIME will flash in the display.

2. Turn the SET knob to enter the cooking time.

   - The display will show cooking time in HOURS:MINUTES. Cooking time can be set from 10 minutes (0:10) up to 11 hours and 55 minutes (11:55).

3. Press the STOP TIME pad.



   - SET STOP TIME will flash in the display.

4. Turn the SET knob to enter the stop time.

   - If you delay in entering the stop time, beeps will sound and the display will flash SET BAKE and 000.

5. Press the OVEN TEMP pad.

6. Enter oven temperature with the SET knob.

7. Press the CLOCK pad to return the current time of day to the display. DELAY BAKE and the preset oven temperature will remain in the display to show that the oven has been set for a delay start cooking operation.

8. The oven will automatically turn on at the preset time and TIMED BAKE ON will appear to indicate that the food is cooking.

9. The oven will automatically turn off at the preset stop time. "End" will appear in the display and 4 beeps will signal the end of cooking. A beep will sound every 10 seconds to remind you to remove food from the oven.

10. Press the STOP/CLEAR pad to cancel the beeps and remove food from the oven. The time of day will reappear in the display.

Additional Information

If you delay more than 30 seconds between touching a pad and turning the SET knob, the display will either return to the previous setting or the time of day will reappear and the program will cancel.

To recall the preset stop time or cook time, just press the corresponding pad.

To reset or cancel the program, press the STOP/CLEAR pad.

At the end of the cooking operation, continuous beeps will sound until the STOP/CLEAR pad is pressed.

Conventional Baking Tips

• **Use a reliable recipe** and accurately measure fresh ingredients. **Carefully follow directions** for oven temperature and cooking time. Preheat oven if recommended.

• **Use the correct rack position**. Baking results may be affected if the wrong rack is used.

* Top browning may be darker if food is located toward the top of the oven.

* Bottom browning may be darker if food is located toward the bottom of the oven.

* When using two racks for baking, allow enough space between the racks for proper air circulation. Browning and cooking results will be affected if air flow is blocked.

• **Cookware material** plays an important part in baking results. Always use the type and size of pan called for in the recipe. Cooking times or cooking results may be affected if the wrong size is used.

* **Shiny metal pan** reflects heat away from the food, produces lighter browning and a softer crust. Use shiny pans for baking cakes or cookies.

* **Dark metal pan** or **a pan with an anodized (dull) bottom** absorbs heat, produces darker browning and a crisper crust. Use this type of pan for pies, pie crusts or bread.

* For optimum baking results, bake cookies and biscuits on a **flat** cookie sheet. If the pan has sides, such as a jelly roll pan, browning may not be even.

* If using **oven-proof glassware**, or **dark pans such as Baker's Secret** reduce the oven temperature by 25°F except when baking pies or bread. Use the same baking time as called for in the recipe.

• **Allow hot air to flow freely through the oven** for optimum baking results. Improper placement of pans in the oven will block air flow and may result in uneven browning. For optimum browning and even cooking results:

* Do not crowd a rack with pans. Never place more than one cookie sheet, one 13x9x2-inch cake pan or two 9-inch round cake pans on one rack.

* Stagger pans when baking on two racks so one pan is not directly over another pan.

* Allow two inches between the pan and the oven walls.

• **Check the cooking progress at the minimum time** recommended in the recipe. If necessary, continue checking at intervals until the food is done. If the oven door is opened too frequently, heat will escape the oven; this can affect baking results and wastes energy.

• **If you add additional ingredients** or alter the recipe, expect cooking times to increase or decrease slightly.

Conventional Baking Chart

You may find these guidelines helpful when comparing the baking times, temperatures and oven rack positions of commonly baked foods.

PRODUCT & TYPE	PAN SIZE	RACK POSITION*	TEMPERATURE	TIME** (MINUTES)
CAKE				
Chocolate, two layers	9″	2 or 3	350°	30–35
Yellow, two layers	9″	2 or 3	350°	25–35
White, two layers	9″	2 or 3	350°	25–30
Bundt	tube	2	350°	35–45
Cupcakes		2 or 3	350°	15–25
Sheet Cake	9 x 13″	2 or 3	350°	30–40
Angel Food	tube	1	375°	30–40
Pound Cake	loaf	2 or 3	325°	55–60
PIES				
Two Crust				
Fruit, fresh	9″	1 or 2	400°–425°	45–60
Fruit, frozen	9″	1	400°–425°	45–70
One Crust				
Custard, fresh	9″	1 or 2	350°	60–80
Pie Shell	9″	1 or 2	400°	8–12
COOKIES				
Chocolate Chip		2 or 3	350°–375°	8–12
Peanut Butter		2 or 3	350°–375°	8–12
Sugar		2 or 3	350°–375°	8–12
Brownies	9 x 13″	2 or 3	350°	25–40
BREADS				
Yeast				
Loaf	loaf	2	375°	20–40
Rolls		2 or 3	375°–400°	15–20
Quick				
Loaf, nut or fruit	loaf	2 or 3	325° –350°	45–60
Gingerbread	9 x 9″	2 or 3	350°	30–40
Cornbread	8 x 8″	2 or 3	400° –450°	15–30
Cornbread Muffins		2 or 3	375° –400°	10–25
Biscuits		2 or 3	400° –450°	8–20
Muffins		2 or 3	375° –400°	15–25

* The bottom rack position is position #1.

** Times are only approximate and may vary depending on the recipe used.

Temperature Conversions

° Fahrenheit	200	250	275	300	325	350	375	400	425	450
° Celsius	100	120	140	150	160	180	190	200	220	230

Common Baking Problems And Why They Happen

PROBLEM	CAUSE
Cakes are uneven.	Pans too close or touching each other or oven walls. Batter uneven in pans. Temperature set too low or baking time too short. Oven not level. Undermixing. Too much liquid.
Cake high in middle.	Temperature set too high. Baking time too long. Overmixing. Too much flour. Pans touching each other or oven walls. Incorrect rack position.
Cake falls.	Too much shortening or sugar. Too much or too little liquid. Temperature set too low. Old or too little baking powder. Pan too small. Oven door opened frequently. Added incorrect type of oil to cake mix. Added additional ingredients to cake mix or recipe.
Cakes, cookies, biscuits don't brown evenly.	Incorrect rack position. Oven door not closed properly. Door gasket not sealing properly. Incorrect use of aluminum foil. Oven not preheated. Pans darkened, dented or warped.
For optimum results, bake on one rack. If baking cakes on two racks, place pans toward back of oven on upper rack and toward front of oven on lower rack.	
Cakes, cookies, biscuits too brown on bottom.	Oven not preheated. Pans touching each other or oven walls. Incorrect rack position. Incorrect use of aluminum foil. Placed 2 cookie sheets on one rack. Used glass, dark, stained, warped or dull finish metal pans. (Use a shiny cookie sheet.)
Follow cookware manufacturer's instructions for oven temperature. Glassware and dark cookware such as Ecko's Baker's Secret require lowering the oven temperature by 25° F.	

PROBLEM	CAUSE
Cakes don't brown on top.	Incorrect rack position. Temperature set too low. Overmixing. Too much liquid. Pan size too large or too little batter in pan. Oven door opened too often.
Excessive shrinkage.	Too little leavening. Overmixing. Pan too large. Temperature set too high. Baking time too long. Pans too close to each other or oven walls.
Uneven texture.	Too much liquid. Undermixing. Temperature set too low. Baking time too short.
Cakes have tunnels.	Not enough shortening. Too much baking powder. Overmixing or at too high a speed. Temperature set too high.
Cakes crack on top.	Batter overmixed. Temperature set too high. Too much leavening. Incorrect rack position.
Cake not done in middle.	Temperature set too high. Pan too small. Baking time too short.
If additional ingredients were added to mix or recipe, expect cooking time to increase.	
Pie crust edges too brown.	Temperature set too high. Pans touching each other or oven walls. Edges of crust too thin.
Pies don't brown on bottom.	Used shiny metal pans. Temperature set too low. Incorrect rack position.
Pies have soaked crust.	Temperature too low at start of baking. Filling too juicy. Used shiny metal pans.

Roasting

Roasting is the method for cooking large, tender cuts of meat uncovered, without adding moisture.

Roasting Tips:

Most meats are roasted at 325°F. It is not necessary to preheat the oven. Place the roasting pan on either of the two lowest rack positions.

Use tender cuts of meat weighing three pounds or more. Some good choices are: Beef rib, ribeye, top round, high quality tip and rump roast, pork loin roast, leg of lamb, veal shoulder roast and cured or smoked hams.

Season meat, if desired, either before or after roasting. Rub into the surface of the roast if added before cooking.

Place the meat fat-side-up on a rack in a shallow roasting pan. Placing the meat on a rack holds it out of the drippings, thus allowing better heat circulation for even cooking. As the fat on top of the roast melts, the meat is basted naturally, eliminating the need for additional basting.

The cooking time is determined by the weight of the meat and the desired doneness. For more accurate results, use a meat thermometer. Insert it so the tip is in the center of the thickest part of the meat. It should not touch fat or bone. **DO NOT USE A MEAT THERMOMETER IN THE OVEN WHEN USING THE SPEED OVEN FEATURE.**

Remove the roast from the oven when the thermometer registers approximately 5°F below the doneness wanted. As the meat stands, the temperature will rise.

NOTE: For more information on cooking meat and poultry, contact the USDA Meat and Poultry Hotline at 1-800-535-4555.

Roasting Chart (Thawed meats only)

TYPE OF MEAT	WEIGHT (POUNDS)	OVEN TEMPERATURE (NOT PREHEATED)	INTERNAL TEMPERATURE	ROASTING TIME (MIN. PER POUND)*
BEEF				
Rib Roast	4 to 8	325°F	140° (rare)	25-30
			160° (medium)	30-35
Rib Eye Roast	4 to 6	325°F	140° (rare)	25-30
			160° (medium)	30-35
Loin Tenderloin Roast	2 to 3	400°F	140° (rare)	20-25
Top Sirloin Roast	3 to 6	325°F	140° (rare)	25-30
			160° (medium)	30-35
PORK				
Shoulder Blade Roast, Boneless	4 to 6	325°F	160°	35-45
Shoulder Blade Roast	4 to 6	325°F	160°	30-40
Loin Blade or Sirloin Roast	3 to 4	325°F	160°	35-45
Ham, Half (fully cooked)	5 to 7	325°F	140°	25-35
Ham, Half (cook-before-eating)	5 to 7	275°F	160°	35-45
LAMB				
Shoulder Roast, Boneless	3-1/2 to 5	325°F	160° (medium)	35-40
			170° (well)	40-45
Leg, Whole	5 to 7	325°F	160° (medium)	30-35
			170° (well)	35-40
VEAL				
Rib Roast	3 to 5	325°F	170° (well)	40-45
Shoulder, Boneless	4 to 6	325°F	170° (well)	40-45
POULTRY				
Turkey, unstuffed	12 to 16	325°F	180°-185°	18-20
	16 to 20	325°F	180°-185°	16-18
	20 to 24	325°F	180°-185°	14-16
Turkey, Breast	3 to 8	325°F	180°	30-40
Chicken, Fryer	2-1/2 to 3-1/2	375°F	185°	20-24
Turkey, Breast	4 to 6	375°F	185°	20-25

* Times are approximate and may vary depending on the shape of the roast.

Broiling

Broiling is a method of cooking tender meats by direct heat. The cooking time is determined by the distance between the meat and the broil element, the desired degree of doneness and the thickness of the meat.

Broiling Tips:

Broiling requires the use of the broiler pan and insert. The broiler insert must be in place to allow fat and liquid to drain to the pan below to prevent spatters, smoke and flare-ups. Improper use may cause grease fires.

Do not cover the broiler insert with aluminum foil as this prevents fat from draining into pan below. For easier clean up, the broiler pan can be lined with foil and spray the insert with a non-stick vegetable spray.

Remove excess fat and slash remaining fat to help keep meat from curling. This also reduces smoking and spattering.

Place oven rack in the correct rack position when oven is cool. For darker browning, place meat closer to the broil element. Place meat further down if you wish meat to be well done or if excessive smoking and flaring occurs.

See Care and Cleaning Chart on page 26 for instructions on cleaning the broiler pan and insert.

To set oven to broil:

1. Press the BROIL pad.
   000 and BROIL indicator words will appear in the display.
2. Turn SET knob clockwise to select HI for normal broiling or counter clockwise to select Lo for low temperature broiling.
3. For optimum results, remove broiler pan and preheat broil element 3 to 5 minutes.
4. Broil with the oven door opened to the broil stop position (opened about 6-inches). Turn meat once about half way through cooking. Check for doneness by cutting a slit in the meat near the center for desired color.
5. At the end of cooking, press the STOP/CLEAR pad to cancel the broil operation. The current time of day will reappear in the display.

Use HI BROIL for most broil operations. Select Lo BROIL when broiling longer cooking foods such as poultry. The lower temperature allows food to cook to the well done stage without excessive browning. Cooking time may increase if Lo BROIL is selected.

Broil times may need to be increased if range is installed on a 208-volt circuit.

Broiling Chart

TYPE OF MEAT	RACK POSITION*	DONENESS	TOTAL TIME (MINUTES)**
BACON	#4	Well Done	6 to 10
BEEF STEAKS			
1-inch thick	#4	Rare	10 to 14
	#4	Medium	15 to 18
	#4	Well Done	19 to 22
1 1/2-inch thick	#4	Rare	18 to 20
	#4	Medium	22 to 24
	#3	Well Done	25 to 30
CHICKEN			**LO BROIL**
Whole, split	#3 or #4	Well Done	45 to 60
Pieces	#3 or #4	Well Done	30 to 45
FISH STEAK OR FILLET			
1/2-inch thick	#4	Flaky	10 to 12
GROUND BEEF PATTIES			
3/4 to 1-inch thick	#4	Medium	12 to 15
		Well Done	15 to 18
HAM SLICE, precooked			
1-inch thick	#4		12 to 16
1 1/2-inch thick	#4		21 to 26
LAMB CHOPS			
1-inch thick	#4	Medium	12 to 15
		Well Done	16 to 20
1 1/2-inch thick	#3	Medium	15 to 19
		Well Done	25 to 30
PORK CHOPS			
3/4-inch thick	#4	Well Done	15 to 20
1-inch thick	#4	Well Done	20 to 25

* The bottom rack position is position #1.
** Times are approximate and may vary depending on the meat.

SPEED OVEN FEATURE

Please refer to the separate Speed Oven Cooking Guide for complete cooking instructions using the Speed Oven feature. The information below explains how to operate the Speed Oven feature. If you have any questions, call us at 1-800-688-1120.

General Information

The Speed Oven feature uses a combination of conventional radiant heat from the bake and broil elements plus microwave energy to quickly cook food. This new way of cooking is called Speed Cooking. The Speed Oven feature can also be used to defrost roasts and poultry weighing over 4-lbs.

Below is a description of the three Speed settings:

SPEED COOK 1 setting uses a slightly higher amount of microwave energy along with conventional radiant heat to cook such foods as: Meats, poultry, seafood and fish, main dishes and casseroles, vegetables, oven meals, and frozen convenience foods packaged in **aluminum foil** containers.

SPEED COOK 2 setting uses a slightly lower amount of microwave energy along with conventional radiant heat to gently cook delicate foods such as: Egg or cheese-based dishes and baked goods.

DEFROST/HEAT is a special setting which is designed for two types of operations: Defrost-and-heat, and defrost only.

1. **DEFROST-AND-HEAT** operations use a combination of BOTH radiant heat and microwave energy. This operation is designed to defrost then heat frozen convenience foods packaged in heat proof **paper** and **plastic** containers.
2. **THAW ONLY** operations use ONLY microwave energy to defrost roasts and whole poultry weighing over 4-lbs. There is no radiant heat for this operation - only microwave energy.

The length of time you set for the **DEFROST/HEAT** setting determines which operation is selected.

- If you set **DEFROST/HEAT** for 59 minutes or less, the oven will operate in the DEFROST-AND-HEAT mode.
- If you set **DEFROST/HEAT** for 60 minutes or more, the oven will operate in the DEFROST ONLY mode.

"HOLD"

At the end of a SPEED COOK 1, SPEED COOK 2 or DEFROST/HEAT for 59 minutes or less, **"HOLD"** automatically appears in the display and the oven will turn off. "HOLD" is a special option that allows you to set additional cooking time if food is not completely cooked. DO NOT PRESS THE STOP/CLEAR PAD.

Open the oven door and check the doneness of the food. If the food is not completely cooked, just close and lock the door. Then add up to 10 minutes of additional cooking.

Pressing the STOP/CLEAR pad will cancel "HOLD". If you cancel "HOLD" and find that additional cooking is needed, select the original Speed setting (SPEED COOK 1, SPEED COOK 2 or DEFROST/HEAT) and enter 5 minutes additional cooking. Check food at least once during the cooking.

Important points to remember about "HOLD":

- There is no HOLD pad. "HOLD" automatically appears in the display at the end of a Speed Cook 1 or Speed Cook 2 operation or DEFROST/HEAT for up to 59 minutes.
- DEFROST/HEAT for 60 minutes or more does not have a "HOLD" period.
- You can set additional cooking time in the "HOLD" period as many times as you wish. But you can only set up to 10 minutes at a time.
- "HOLD" is canceled if you press the STOP/CLEAR pad.
- If you do not enter a "HOLD" time, "HOLD" will automatically cancel at the end of 10 minutes.

IMPORTANT

The Speed Cook feature automatically selects the oven temperature. All you select is the cooking time.

- **DO NOT SET OVEN TEMPERATURE.**
- **DO NOT PREHEAT THE OVEN.**

If you press the OVEN TEMP pad after setting the oven for a Speed Cook operation, the Speed operation will be canceled.

(continued on next page)

Frequently asked questions about the SPEED OVEN feature.

What is the difference between SPEED COOK 1 and SPEED COOK 2?

SPEED COOK 1 has a slightly higher level of microwave energy to cook meats, poultry, seafood, casseroles, vegetables, oven meals, and frozen convenience foods in aluminum foil containers. SPEED COOK 2 uses a slightly lower level of microwave energy to gently cook desserts and delicate foods such as cheese or egg-based dishes.

What is the DEFROST/HEAT setting?

DEFROST/HEAT is designed for two types of operations. The length of time you select for this setting determines the operation.

- If you set DEFROST/HEAT for 59 minutes or less, radiant heat and microwave energy are used to defrost and heat frozen convenience foods packaged in heatproof plastic or paper containers.
- If you set DEFROST/HEAT for 60 minutes or more, only microwave energy is activated to DEFROST ONLY roasts or poultry weighing over 4-lbs.

Why are frozen convenience foods in heatproof plastic or paper containers cooked on DEFROST/HEAT rather than SPEED COOK 1?

Heatproof plastic or paper containers are heat sensitive. If these containers are heated using SPEED COOK 1 rather than DEFROST/HEAT, the containers may distort from the extra heat used for the SPEED COOK 1 setting.

At the end of a Speed operation, "HOLD" appears in the display - what does this mean?

"HOLD" is a special operation specifically designed to complete cooking. When "HOLD" appears in the display, open the door and check the food. If you find that the food is not cooked to your satisfaction, "HOLD" allows you to add up to 10 minutes of additional cooking. You can reset "HOLD" as many times as you wish as long as you do not press STOP/CLEAR and cancel the operation.

What happens if I cancel a Speed operation and then find that the food needs more cooking?

If you cancel "HOLD", just press the original Speed setting and enter 2 to 5 minutes. Check the food at least once during cooking.

What happens if I select the wrong Speed setting?

Depending on the Speed setting you selected, you may find that:

- Food is cooking too fast - if you selected SPEED COOK 1 rather than SPEED COOK 2.
- Food is cooking too slow - if you selected SPEED COOK 2 rather than SPEED COOK 1.
- Food is cooking rather than defrosting - if you selected DEFROST/HEAT for 59 minutes or less. (Remember - you must set DEFROST/HEAT for 60 minutes or more to defrost.)

How do I determine Speed Cooking times? Are there exceptions?

Set the Speed time for half the maximum conventional cooking time and check cooking progress at half the minimum conventional cooking time. Foods, such as vegetables, that cook very quickly in a microwave oven may take less than half the maximum conventional cooking time. That's why we suggest you check cooking progress at half the minimum cooking time.

Most foods can be cooked using the Speed Oven feature. Are there any exceptions?

You will find that many foods cook to satisfaction using the Speed Oven feature. However, there are some foods that you may prefer to continue cooking conventionally. Examples are: Angel food cake, slice or drop cookies, some delicate or family favorite cake recipes, homemade two-crust pies, popovers, or southern-style cornbread.

Do I have to use special cookware for Speed Cooking?

No. You can use the type of heatproof cookware you are accustomed to using in your conventional oven. Use metal cookware, heatproof glass, ceramic, earthenware, pottery and oven cooking bags. To prevent excessive spattering, use a metal pan when cooking whole poultry or roasts. Selecting heatproof glass rather than metal pans for oven meals will help reduce cooking time. Do not use plastic cookware designed for the microwave oven, as this type of cookware will not tolerate conventional heat.

Can aluminum foil be used during Speed Cooking?

Yes, you can safely use aluminum foil just as you would in conventional cooking to shield food (example turkey), or to prevent overcooking or overbrowning. You can also use aluminum foil strips to cover warm areas when defrosting roasts or whole poultry.

We do not recommend completely covering a metal pan with aluminum foil or wrapping food in foil as this prevents microwave energy from reaching the food. The result will be increased cooking times. If you prefer to cook potatoes wrapped in foil, then cook them conventionally.

When should food be covered - and how?

If your recipe or package directions call for covering the food during conventional cooking, then cover the food for Speed Cooking. Use a glass lid or aluminum foil to cover glassware. If the cookware is metal, cover with a glass lid. Do not completely cover a metal pan with foil; this will increase cooking times. If you do not have a proper cover for a metal pan, then we suggest using conventional cooking rather than Speed Cooking.

Are there special cooking techniques for Speed Cooking?

In general, the cooking techniques you use for conventional cooking will apply for Speed Cooking with these exceptions:

- Do not set an oven temperature or preheat the oven.
- Add toppings, such as cheese, bread crumbs, french fried onion rings, etc., during the last 5 minutes to prevent overbrowning.

What happens if I set an oven temperature?

If you set a Speed operation then select an oven temperature, the Speed setting will be canceled and the oven will heat to the temperature you selected. You will be cooking conventionally - not Speed cooking.

What rack positions should I use for Speed Cooking?

Use Rack #3 (middle position) for cooking chicken & Cornish hens; fish & seafood; casseroles & main dishes; vegetables; frozen convenience foods; desserts, and oven meals.

Use Rack #2 for roasting meats; frozen convenience foods such as french fries, tater tots or fish sticks; some main dishes or egg & cheese dishes; desserts; oven meals; and defrosting roasts or poultry.

Use Rack #1 (bottom position) for roasting turkey or baking frozen pies.

Use Rack #4 and #1 when cooking an oven meal on two racks.

SPEED COOK 1 or SPEED COOK 2

- **SPEED COOK 1:**

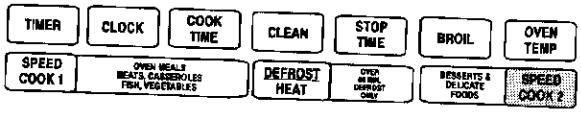
  Uses BOTH radiant heat and microwave energy to cook meats, poultry, seafood, casseroles, main dishes, vegetables, oven meals and frozen convenience foods in aluminum foil containers.

- **SPEED COOK 2:**

  Uses radiant heat and a gentle level of microwave energy to cook delicate foods such as egg or cheese-based dishes and baked goods.

Basic Instructions

5. Press SPEED COOK 1 or 2 pad.
6. Close and lock oven door.
7. Turn SET knob to desired cooking time.



To set oven for Speed Cook 1 or Speed Cook 2:

1. Place food in the oven and close the oven door.
2. Press the SPEED COOK 1 or SPEED COOK 2 pad.
   - "door" will appear in the display and continuous beeps will sound.
3. Move the door lock lever to the right until it rests in the lock position. The door must be locked during a Speed operation.
   - If the door is properly locked, 0 HR:00 will appear in the display, SET SPEED COOK TIME will flash in the display, and a fan will be heard.
   - If the door is not locked within 30 seconds, the time of day will reappear in the display, the beeps will stop, and the program will cancel.
4. Turn the SET knob until the desired cooking time appears in the display. **You do NOT set the oven temperature. The bake temperature will not be displayed. Do not preheat the oven.**
   - Set the Speed Cook time for half the maximum conventional cooking time. At half the minimum conventional cooking time, open the door and check the cooking progress.
   - The cooking time can be set from 1 minute (0HR:01) up to 11 hours and 50 minutes (11HR:50).
   - Once the cooking time is set, the oven will automatically turn on and ON will appear in the display.
   - If you delay in entering the cooking time, the program will cancel and the time of day will reappear in the display. The fan will still be heard. Unlock the door and begin again.

1. At the end of cooking, "HOLD" will appear in the display and 4 beeps will sound.
   - DO NOT PRESS THE STOP/CLEAR pad.
   - Unlock and open the oven door. The fan will turn off and "door" will appear in the display. Check the food.

A. **If food is done**, press the STOP/CLEAR pad and remove the food from the oven.

B. **If food is NOT done**, close and lock the oven door. "HOLD" will reappear in the display and the fan will turn on. Turn the SET knob for up to 10 minutes of additional cooking.
   - It is not necessary to press the SPEED COOK pad, just turn the SET knob until the desired cooking time appears in the display.
   - You can set additional cooking time in the "HOLD" period as many times as you wish, but you can only set "HOLD" for up to 10 minutes at a time.
   - If the STOP/CLEAR pad is pressed by mistake, "HOLD" will be canceled. Select the original Speed setting and set 2 to 5 minutes of additional cooking. Check the food at least once during cooking.
   - If you delay in entering the "HOLD" time, a single beep will sound every 30 seconds to prompt you to add time. At the end of 10 minutes, the program will automatically be canceled. Press the STOP/CLEAR pad to cancel the beeps. The fan will turn off when the door is unlocked.

(continued on next page)

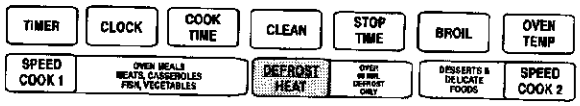
DEFROST/HEAT

- **DEFROST/HEAT for 59 minutes or less:**

  Uses BOTH radiant heat and microwave energy to defrost then heat frozen convenience foods packaged in heat-proof paper or plastic containers.

- **DEFROST/HEAT for over 60 minutes or more:**

  Uses ONLY microwave energy to defrost roasts and poultry over 4-lbs.



To set oven for DEFROST/HEAT:

1. Place food in the oven and close the oven door.
2. Press the DEFROST/HEAT pad.
   - "door" will appear in the display and continuous beeps will sound.
3. Move the door lock lever to the right until it rests in the lock position. The door must be locked for a DEFROST/HEAT operation.
   - If the door is properly locked, 0 HR:00 will appear in the display, DEFROST SET TIME will flash in the display, and fan will be heard.
   - If the door is not locked within 30 seconds, the time of day will reappear in the display, the beeps will stop, and the program will cancel.
4. Turn the SET knob until the desired time appears in the display. Refer to the Speed Oven Cooking Guide for complete instructions on cooking or defrosting times.
   - Remember, if you set 59 minutes or less, BOTH radiant heat and microwave energy will be activated. DEFROST COOK ON will remain in the display to indicate that this is a defrost-and-heat operation, not a defrost operation.
   - If you set 60 minutes or more, only microwave energy will activate. DEFROST ON will remain in the display to indicate that this is a defrost operation. The defrost time can be set from 1 hour (1HR:00) up to 11 hours and 50 minutes (11HR:50).
   - Once the time is set, the oven will automatically turn on and ON will appear in the display.
   - If you do not enter the time within 30 seconds, the program will cancel and the time of day will reappear in the display. The fan will still be heard. Unlock the door and begin again.

Basic Instructions

1. Press **DEFROST/HEAT** pad.
2. Close and lock oven door.
3. Turn SET knob to enter time.
   - 59 minutes or less to defrost and heat frozen foods in heat proof paper or plastic container.
   - 60 minutes or more to defrost roasts or poultry over 4-lbs.

5. **If you selected a Defrost only operation:** At the end of the operation, "End" will appear in the display. Refer to the Speed Oven Cooking Guide for complete instructions on defrosting meats and poultry.
6. **If you selected a Defrost-and-Heat operation:** At the end of cooking, "HOLD" will appear in the display and 4 beeps will sound.
   - DO NOT PRESS THE STOP/CLEAR pad.
   - Unlock and open the oven door. The fan will turn off and "door" will appear in the display. Check the food.

   A. **If food is done**, press the STOP/CLEAR pad and remove the food from the oven.

   B. **If food is NOT done**, close and lock the oven door. "HOLD" will reappear in the display and the fan will turn on. Turn the SET knob for up to 10 minutes.
      - It is not necessary to press the DEFROST/HEAT pad, just turn the SET knob until the desired time appears in the display.
      - You can set additional cooking time in the "HOLD" period as many times as you wish, but you can only set "HOLD" for up to 10 minutes at a time.
      - If the STOP/CLEAR pad is pressed by mistake, "HOLD" will be canceled. Press DEFROST/HEAT pad and set 2 to 5 minutes of additional cooking. Check food at least once during cooking.
      - If you delay in entering the "HOLD" time, a single beep will sound every 30 seconds to prompt you to add time. At the end of 10 minutes, the program will automatically be canceled. Press the STOP/CLEAR pad to cancel the beeps. The fan will turn off when the door is unlocked.

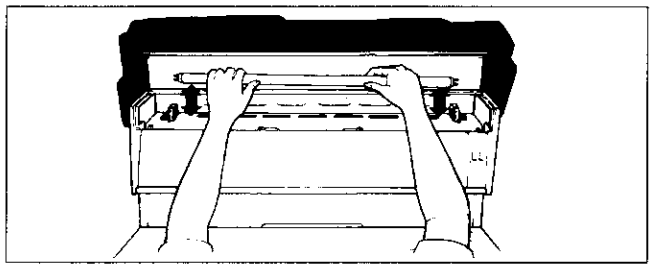
MAINTENANCE

Cooktop Light, if equipped

Before replacing the cooktop light bulb, DISCONNECT POWER TO RANGE. Be sure the bulb is cool. Do not touch a hot bulb with a damp cloth as the bulb may break.

To turn on cooktop light: Press and hold rocker switch until the light turns on. The oven light switch is located on the backguard.

To replace cooktop light: Grasp the top trim of the backguard with your thumbs under the front edge and pull outward while lifting to release trim from catches at each end.



Remove fluorescent tube and replace with an 18 watt fluorescent tube. Snap top trim back into place and restore power. Reset the clock.

Oven Light

To turn on the oven light, push the rocker switch located on the backguard.

Contact your authorized servicer to replace the oven light bulb. Do not attempt to replace the light bulb yourself.

Oven Door

Do not place excessive weight on an open oven door or stand on an open oven door as, in some cases, it could cause the range to tip over, break the door or cause serious injury to the user.

When opening the oven door, allow steam and hot air to escape before reaching in oven to check, add or remove food. This is especially important when using the Speed Oven feature as you may notice more moisture in the oven with Speed Cooking.

The oven door can only be removed by an authorized servicer. Do not attempt to remove the door yourself.

Door Lock Lever

The oven door must be locked for self-clean and Speed Cook operations only. A fan will automatically turn on when the door is locked and will automatically turn off when the door is unlocked. See pages 24 and 25 for self-clean instructions and pages 19 to 22 for Speed Cook instructions.

Do not move the door lock lever to the right or locked position during a conventional cooking operation. If the door is locked, the operation will automatically be cancelled and "door" will appear in the display. If the oven is hot enough to engage the internal lock, the oven door will not open. Allow the oven to cool for up to an hour, then unlock and open the door. The LOCK indicator light must turn off before the door can be opened.

Storage Drawer

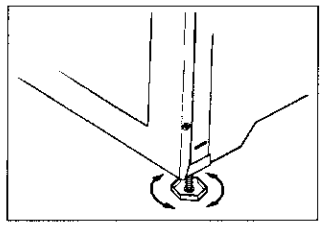
The storage drawer at the bottom of the range is safe and convenient for storing metal and glass cookware. DO NOT store plastic, paperware, food or flammable material in this drawer. Remove drawer to clean under range.

To remove: Empty drawer then pull drawer out to the first stop position. Lift up front of drawer and pull to the second stop position. Grasp sides and lift up and out to remove drawer.

To replace: Fit the ends of the drawer glides onto the rails. Lift up drawer front and gently push in to first stop position. Lift up drawer again and continue to slide drawer to the closed position.

Leveling Legs

Some floors are not level. For proper baking, your range must be level. Leveling legs are located on each corner at the base of the range. Level by turning the legs.



To prevent range from accidently tipping, range should be secured to the floor by sliding a rear leveling leg into the anti-tip bracket supplied with the range.

SELF-CLEAN OVEN

The self-clean oven uses temperatures above normal cooking temperatures to automatically clean the entire oven interior.

It is normal for the cooktop of the range to become hot during a clean cycle. Therefore, during a clean cycle, avoid touching the cooktop or oven vent area located at the base of the backguard. Avoid contact with the oven door and window as these areas also become hot during a self-clean cycle.

It is better to clean the oven regularly rather than to wait until there is a heavy build-up of soil in the oven.

NOTE: On Canadian models only: The smoothtop surface elements will not operate during a clean cycle. This is normal.

Basic Instructions

1. Remove oven racks and close oven door.
2. Press CLEAN pad.
3. Lock oven door.
4. Turn SET knob to select cleaning time.
   - Light soil - 2 hours
   - Average soil - 3 hours
   - Heavy soil - 4 hours

Before Self-Cleaning

Remove all pans and the oven racks from the oven. **The racks will discolor and may not slide easily after a clean cycle.**

Turn off oven light before clean cycle. The life of the bulb may be shortened if left on during the clean cycle.

Clean oven frame, door frame and around the oven vent with a non-abrasive cleaning agent such as Bon Ami or soap and water. These areas are not exposed to cleaning temperatures and should be cleaned to prevent soil from baking on during the clean cycle.

Wipe up excess grease or spillovers from the oven bottom to prevent excessive smoking and flare-ups during the clean cycle.

Wipe up acid spillovers such as lemon juice, tomato sauce or milk-based sauces and sugary spillovers. Porcelain enamel is acid resistant, not acid proof. The porcelain finish may discolor if acid spills are not wiped up immediately.

Do not use oven cleaners or oven liner protective coatings of any kind on the self-clean oven finish or around any part of the oven as they will damage the finish or parts.

To prevent damage, do not clean or rub the gasket around the oven door. The gasket is designed to seal in heat during the clean cycle.

During Self-Cleaning

When the CLEAN pad is pressed and the door is locked, the oven will automatically begin to heat to cleaning temperatures.

As the oven reaches cleaning temperatures, the LOCK indicator will turn on to show that an internal lock mechanism has engaged. At this point, the oven door can not be unlocked and opened.

To prevent damage to the door and lock lever, do not force the door open when the LOCK indicator is displayed.,

The first few times the oven is cleaned, some smoke and odor may be detected. This is normal and will reduce or disappear with use. If the oven is heavily soiled, or if the broiler pan is left in the oven, smoke and odor may occur.

As the oven heats and cools, you may hear sounds of metal parts expanding and contracting. This is normal and will not damage your appliance.

After Self-Cleaning

About one hour after the end of the clean cycle, the internal lock will disengage and the LOCK indicator will turn off. At this point, the door can be unlocked and opened. Move the door lock lever to the left or unlocked position and open the door.

Some soil may leave a light gray, powdery ash which can be removed with a damp cloth. If soil remains, it indicates that the clean cycle was not long enough. The soil will be removed during the next clean cycle.

If the oven racks do not slide smoothly after a clean cycle, wipe racks and embossed rack supports with a small amount of vegetable oil to restore ease of movement.

Clean around the vent opening at the base of the backguard if there is a deposit from the fumes vented during the clean cycle. Use soap and water and a cloth or non-abrasive pad.

Fine, hair-like lines may appear in the oven interior or oven door. This is a normal condition resulting from heating and cooling of the porcelain finish. These lines do not affect the performance of the oven.

Self-Clean Oven

To set oven for a self-clean cycle:

1. Remove the oven racks and close the door.
2. Press the CLEAN pad.
   - "door" will appear in the display and beeps will sound.
3. Move the door lock lever to the right until it rests in the lock position.
   - 3 HR:00 will appear in the display, SET CLEAN TIME will flash in the display and a fan can be heard. After a few seconds delay, the oven will automatically turn on. CLEAN TIME and ON will remain in the display.
4. The oven will automatically clean for 3 hours.
   - If you wish to change the cleaning time, press the CLEAN pad and turn the SET knob to select 2 hours for light soil up to 4 hours for heavy soil.
   - If the door is not locked or the clean time is not entered within 30 seconds of pressing the CLEAN pad, the program will automatically be cancelled.
5. Press the CLOCK pad and the current time of day will reappear in the display. CLEAN and ON will remain in the display to show that the oven is in a clean cycle.

About one hour after the clean cycle ends, the LOCK indicator will turn off and the oven door can be unlocked and opened.

The oven door and door lock lever will be damaged if the oven door is forced to open when the LOCK indicator is still displayed.

To delay the start of a clean cycle:

1. Remove the oven racks and close the door.
2. Press CLEAN pad.
3. Move the door lock lever to the right or locked position.
4. Turn the SET knob to select cleaning time.
5. Press STOP TIME pad and turn the SET knob to the time of day you wish the oven to turn off. The stop time and CLEAN DELAY STOP TIME will appear in the display.
6. Press the CLOCK pad and the current time of day will reappear in the display. CLEAN DELAY will remain in the display to show that the oven is set for a delayed clean operation.
7. At the end of the clean cycle, continuous beeps will sound. Press the STOP/CLEAR pad to cancel the beeps.

To cancel clean cycle:

1. Push the STOP/CLEAR pad.
2. If the LOCK indicator is displayed, allow the oven to cool up to one hour. Once the LOCK indicator turns off, the door can be unlocked and opened.

   If the LOCK indicator is not displayed the oven door can be unlocked and opened.

CARE AND CLEANING CHART

Many different cleaning agents are recommended for the various parts of the range. The following brands may help you to make an appropriate selection: **Mild abrasive cleaners** (Bon Ami, Cameo, Soft Scrub, Comet or Ajax); **mild liquid sprays** (Fantastik, Formula 409); **glass cleaners** (Windex, Glass Plus, Cinch); **non-abrasive scouring pad** (Tuffy). If a cleaning product is recommended for use on plastic, glass or porcelain, it can be used on the same appliance finish.

PARTS	CLEANING AGENTS	DIRECTIONS **Be sure all parts are cool before cleaning. Be sure all parts are properly replaced after cleaning.**
Broiler pan & insert	Soap & water. Plastic scouring pad. Soap filled scouring pad. Dishwasher.	Remove from oven after use. Cool then pour off grease. Place soapy cloth over insert and pan; let soak to loosen soil. Wash in warm soapy water. Use soap filled scouring pad to remove stubborn soil. Broiler pan and insert can be cleaned in the dishwasher.
Baked enamel: Side panels Backguard Oven door Storage drawer	Soap & water. Paste of baking soda & water. Glass cleaner.	Use a dry soft cloth to wipe up spills, especially acid spills, as soon as they occur. (This is especially important for white surfaces.) When surface is cool, wash with soap and water. Do not use abrasive or harsh cleaning liquids and powders or oven cleaners. These will scratch and permanently damage the finish. Dry with a soft cloth. Clean area around vent opening after each oven use to prevent staining or discoloration.
Glass: Oven window See pages 8 and 9 for smoothtop instructions	Soap & water. Paste of baking soda & water. Glass cleaner.	Wash with soap and water. Remove stubborn soil with paste of baking soda and water. Do not use abrasive materials such as scouring pads, steel wool or powdered cleaning agents. They will damage glass. Rinse with clear water and dry. To prevent staining of oven window, never use excessive amounts of water which may seep under or behind glass. NOTE: The screen between the two panes of glass will discolor over time. This is normal and will not affect the window or door.
Metal finishes and trim	Soap & water. Paste of baking soda & water.	Wash with soap and water. Remove stubborn soil with paste of baking soda and water. Do not use oven cleaners, abrasive or caustic agents. They will damage the finish.
Oven and coil elements		Elements are self-cleaning. Soil will burn off as elements are used. Do not spray oven cleaner on elements, electrical hook up or connection. Do not immerse coil-type surface elements in water.
Oven racks	Soap & water. Cleansing powders. Soap filled scouring pad.	Clean with soapy water. Remove stubborn soil with cleansing powder or soap filled scouring pad. Rinse and dry. Racks will permanently discolor if left in the oven during a self-clean operation.
Plastic finishes: Door handle, trim, knobs, end caps, control panel	Soap & water. Paste of baking soda and water. Non abrasive plastic pad or sponge.	Do not use oven cleaner, powder or liquid cleansers, abrasive or caustic cleaning agents on plastic finishes. These cleaning agents will scratch or marr finish. To prevent staining or discoloration, wipe up fat, grease or acid (tomato, lemon, vinegar, milk, fruit juice, marinade) immediately with a dry soft cloth. When surface is cool, clean with soap and water; rinse, and dry.
Porcelain enamel: Cooktop trim Cooktop on coil models See pages 24 and 25 for self-clean oven.	Mild liquid cleaners, detergent or soap & water. Cleansing powders and non abrasive nylon or plastic pads.	Porcelain enamel is glass fused on metal. It may crack or chip with misuse. Porcelain enamel is acid resistant, not acid proof. All spillovers, especially acid or sugar spillovers, should be wiped up immediately with a dry cloth. Surface may discolor or dull if soil, especially acid spills, is not removed. Never wipe off a warm or hot surface with a damp cloth. This may cause cracking and chipping. Never use oven cleaners, abrasive or caustic cleaning agents on exterior finish of range or in the self-clean oven. NOTE: The smoothtop cooktop does not lift up.

Before You Call For Service

Check these points if . . .

Part or all of your electric range does not operate

- Is the range plug loose or disconnected from the electrical outlet?
- Are any house fuses blown or circuit breakers tripped?
- Has the power supply to the home been interrupted?
- On Canadian models only: Your range is equipped with fuses. Check to see if a fuse has blown. Replace with the same type and amperage fuse.
- Was the electronic control correctly set?
- Was the door left in the locked position following a self-clean or Speed Oven operation?
- Is the oven set for Automatic Oven Cooking or a delayed clean operation?

Surface elements fail to turn on or heat the food properly.

- Is the range plug loose or disconnect from the electrical outlet?
- If the range has coil elements, are they properly plugged into the receptacles?
- Were appropriate utensils used? (See Cookware or Cooking Tips Sections)
- Are the surface element controls properly set?
- Is voltage to the house reduced?
- On Canadian models only: The smoothtop surface elements do not operate during a clean cycle.

Food not baking or cooking correctly

- Are the oven racks level and properly placed for baking? (See Baking Chart)
- Have you used aluminum foil correctly?
- Was the oven preheated as recommended?
- Are the controls for bake or Speed Oven operations properly set?
- Was door properly locked for Speed Oven operation?
- Did you select the correct Speed setting?
- Is there 1 to 2 inches of space between pans and the oven walls?
- Was good cookware of the proper size used?
- Are you using a tested recipe from a reliable source?
- Was the oven vent covered or blocked?

Baking results differ from previous oven

- Oven thermostat calibration may differ between old and new oven. Follow a reliable recipe and review baking information on pages 14 to 16. If you still feel the oven temperature is incorrect see page 28 for information on adjusting the oven thermostat.

Food does not broil correctly

- Was the control for broiling set properly? (See Broiling Section)
- Was the proper rack position used? (See Broiling Section)
- Did you allow time for the broil element to preheat?
- Did you use the broiler pan that came with the range?
- Was aluminum foil used on the broiler insert, blocking the slits for fat drainage?

Oven light does not operate

- Is the bulb loose or burned out? Contact authorized servicer to replace light bulb.
- Is the light switch in the On position?

Oven will not self-clean

- Is the self-clean control set properly? (See Self-Clean Instructions)
- Is the oven set for a delayed clean operation?
- Is the oven door properly locked?
- Was the oven heavily soiled?

Oven door won't lock

- Are the controls set properly for the self-clean cycle or a Speed Oven operation?

Oven door will not unlock

- Has the self-clean cycle been completed for at least one hour?
- Was the door correctly unlocked? (See Door Lock Lever on page 23.)
- Has power supply to range been interrupted?

Oven collects moisture

- This is normal for a Speed Cook operation. Because of the accelerated cooking speed, more moisture will collect in the oven during Speed Cook operations than during normal conventional oven cooking.

"F" plus a number appears in the display

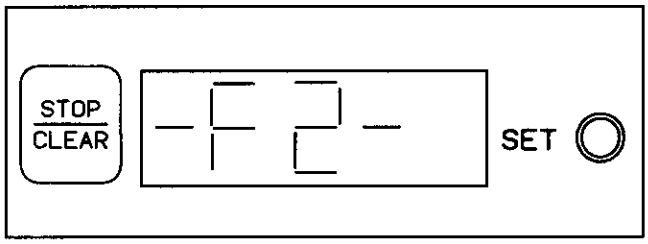
- This is a fault code. If a fault code appears in the display and a continuous beep sounds, press the STOP/CLEAR pad. See page 28 for additional information.

If you have any questions, call us at 1-800-688-1120.

SERVICE INFORMATION

Explanation Of Fault Codes

Your appliance is equipped with an electronic control featuring built-in, self-diagnostic software. This software continuously monitors the control to insure safe and proper operation. If the software should detect a questionable situation, a FAULT CODE (F plus a number) will appear in the display and continuous beeps may sound.



A fault code indicates that there may be a functional error. As a safety precaution, the control will automatically cancel the program.

During Normal Oven Cooking

If a fault code appears in the display and continuous beeps sound, press the STOP/CLEAR pad. Then, reprogram the cooking operation.

If the fault code reappears in the display, call an authorized servicer. Do not use the oven until the range has been serviced. The cooktop can be used.

During A Self-Clean Cycle

If the oven is heavily soiled, excessive smoke and flaring may result in a fault code. If this occurs, press the STOP/CLEAR pad and allow the oven to cool for an hour. Then, reprogram the oven for the clean cycle.

If the fault code reappears in the display, call an authorized servicer. Do not use the oven until the range has been serviced. The cooktop can be used.

Adjusting Oven Temperature

Your new appliance has been factory tested for oven temperature accuracy. Even though your range has been tested, you may find that the cooking results with your new oven are different from your previous oven.

If you have carefully followed the recipe, reviewed the baking tips on page 14 and still feel cooking results do not meet your expectations, you can adjust the oven temperature. DO NOT ADJUST THE TEMPERATURE if only one or two items are not baking properly.

If you think the oven should be hotter or cooler, you can adjust it yourself. To decide how much to change the thermostat, set the oven temperature 25°F higher or lower than the temperature called for in your recipe, then bake. The results of the "test" should give you an idea of how much to adjust the thermostat.

To adjust the thermostat:

1. Press the OVEN TEMP pad.
2. Turn the SET knob until 550° is displayed.
3. **Press and hold** the OVEN TEMP pad for several seconds until 00° appears in the display.
   - If 00° does not appear in the display, press the STOP/CLEAR pad and begin again.
   - If the oven temperature was previously adjusted, the change will be displayed. For example, if the temperature was reduced by 15°, -15° will be displayed.
4. Turn the SET knob to select the temperature change desired.
   - The oven temperature can be increased up to 35° or reduced by as much as 35° (-35°) in 5° increments.

     NOTE: If you delay in selecting a temperature, the program will automatically cancel and 00° will disappear. Begin again if the program cancels.
5. Press the STOP/CLEAR pad and the time of day will reappear in the display. The oven will now bake at the adjusted temperature.

   It is not necessary to readjust the oven temperature if there is a power interruption. This adjustment will not affect broil, clean or Speed Cook operations.

SERVICE INFORMATION

Do not attempt to service the appliance yourself unless directed to do so in this book. Contact the dealer who sold you the appliance for service.

How To Obtain Service

If your appliance should require service or replacement parts, contact your Dealer or Authorized Servicer. Use only genuine factory parts if replacement parts are necessary. Consult the Yellow Pages in your telephone directory under appliance for the authorized service center nearest you. Be sure to include your name, address, and phone number, along with the model and serial numbers of the appliance. (See inside front cover for location of your model and serial numbers.)

If you are not satisfied with the local response to your service requirements, call or write Magic Chef Customer Assistance, Maytag Customer Service, 240 Edwards Street, S.E., Cleveland, TN 37311, (615) 472-3500.

Include or have available the complete model and serial numbers of the appliance, the name and address of the dealer from whom you purchased the appliance, the date of purchase and details concerning your problem.

If you do not receive satisfactory service, you may contact the Major Appliance Consumer Action Panel by letter including your name, address, and telephone number, as well as the model and serial numbers of the appliance.

Major Appliance Consumer Action Panel
20 North Wacker Drive
Chicago, IL 60606

MACAP (Major Appliance Consumer Action Panel) is an independent agency sponsored by three trade associations as a court of appeals on consumer complaints which have not been resolved satisfactorily within a reasonable period of time.

Magic Chef TimeSavor™ Range Warranty

ONE YEAR FULL WARRANTY

Maytag Customer Service will repair or replace, without charge, any part of your appliance which has a defect in material or workmanship during the first year after the date of the original installation. This warranty extends to any owner during the one year warranty period when the appliance is located in the United States or Canada.

ADDITIONAL FOUR YEAR LIMITED WARRANTY

For an additional four year period, beyond the first year of the FULL warranty coverage, Maytag Customer Service will replace the parts listed below, at no charge. These parts must be installed by an authorized servicer. Any labor charge required for replacement is NOT covered by this limited warranty. This warranty extends to any owner during the additional four year warranty period when the appliance is located in the United States or Canada.

- Any smoothtop heating element, electronic control and/or magnetron tube which fails to properly function as a result of defective workmanship or materials.
- Any smoothtop cooking surface which cracks or breaks during the normal household cooking.

The two warranties described above are the only written or expressed warranties given by Maytag Customer Service. No one is authorized to increase, alter, or enlarge Maytag Customer Service's responsibilities or obligations under these two warranties. These two warranties give you specific legal rights, and you may also have other rights which vary from state to state.

WHAT IS NOT COVERED BY THESE TWO WARRANTIES:

1. Conditions and damages resulting from any of the following:
   - Improper installation, delivery, or maintenance.
   - Any repair, modification, alteration or adjustment not authorized by Maytag Customer Service, or an authorized servicer.
   - Misuse, abuse, accidents or unreasonable use.
   - Incorrect electrical current, voltage or supply.
   - Improper setting of any control.
2. Warranties are void if the original serial numbers have been removed, altered, or cannot be readily determined.
3. Light bulbs.
4. Products purchased for commercial or industrial use.
5. The cost of service or service call to:
   - Correct installation errors.
   - Instruct the consumer on the proper use of the product.
   - Transport the appliance to a servicer.
6. CONSEQUENTIAL OR INCIDENTAL DAMAGES SUSTAINED BY ANY PERSON AS A RESULT OF ANY BREACH OF THESE WARRANTIES. Some states do not allow the exclusion or limitation of consequential or incidental damages, so the above exclusion may not apply to you.

HOW TO RECEIVE WARRANTY SERVICE

Contact the dealer from whom you purchased the appliance or any authorized servicer to receive warranty service under these warranties. Should you not receive satisfactory warranty service from your local servicer, contact:

Magic Chef Customer Assistance
c/o Maytag Customer Service
240 Edwards Street, S.E.
Cleveland, TN 37311
(615) 472-3500

Have the following information available when requesting warranty service:

- Your name and address
- The model and serial numbers of your appliance
- The name and address of your dealer or servicer
- The purchase date of your appliance
- A clear description of the problem

C O N T E N T S

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PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) Door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

This precaution pertains **ONLY** to use of Speed Oven settings and **NOT** to conventional settings.

INTRODUCTION

Use this comprehensive Cooking Guide to help you get the best results from your versatile Speed Oven. You'll find the cooking techniques are easy to master, with an emphasis throughout on convenience.

All you need to know is right here... the how-to's of Speed Cook settings, the most efficient ways to defrost, when and how to use the "HOLD"/Additional Cooking step, recommended rack positions and more. You'll discover the secrets of perfect roasting, tips on oven meals and casseroles, plus delicious, easy-to-follow recipes that you and your family will love. This guide will give you the confidence to turn out success after success. In no time at all you'll be wondering how you ever managed without your exciting new Speed Oven!

Carrots, Pea Pods & Pineapple Casserole

Pork Chops with Mustard-Pretzel Coating and Seasoned Potato Wedges

COOKWARE/BAKEWARE

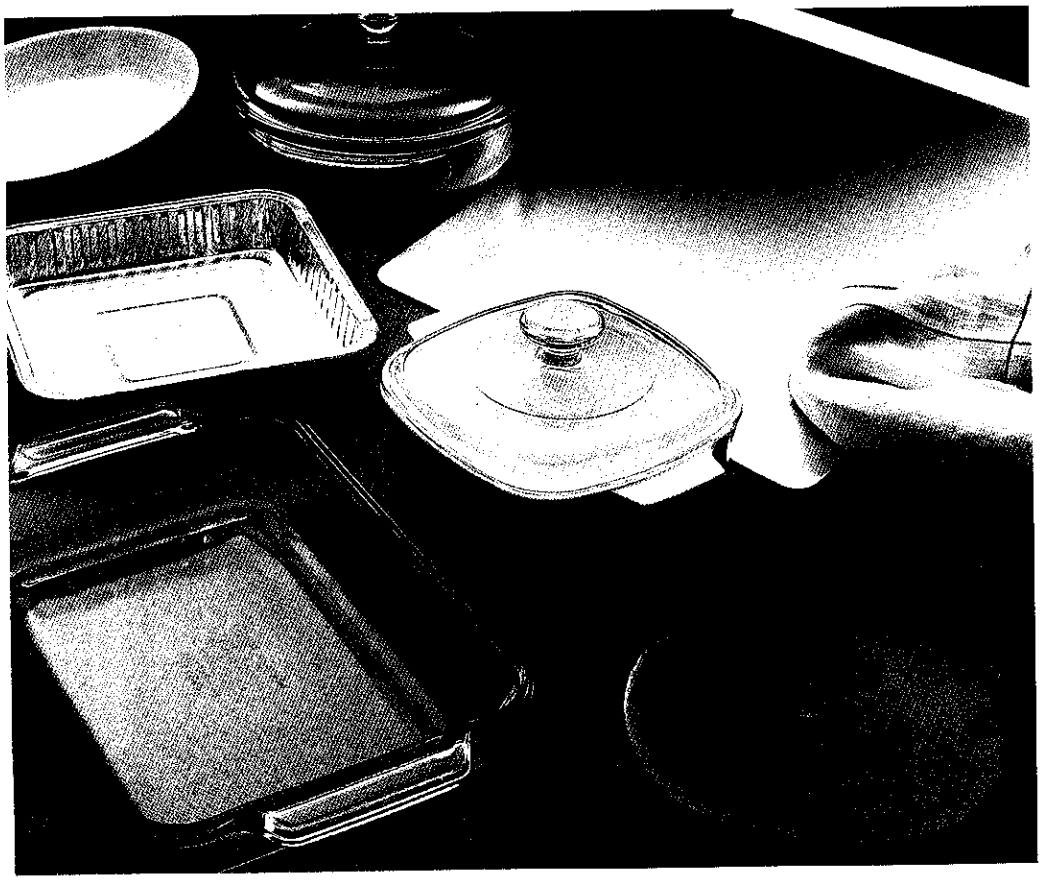
Your Speed Oven offers wonderful flexibility so special new equipment isn't necessary. Here are our recommendations for best choices for cookware and bakeware:

- Conventional cookware including metal, heatproof glass, pottery, earthenware, and oven cooking bags can be used. When using cooking bags, always vent the bag to avoid excess steam buildup.
- Convenience foods packaged in heatproof paper or plastic containers can be used—BUT—cook these using the DEFROST HEAT setting (set for 60 minutes or less).
- Cookware material will have the same effect in your Speed Oven as in a conventional oven. For example: dark pans will produce a dark crust and shiny pans will produce a lighter crust.
- Aluminum foil and foil containers can be used.

Do not use these:

- Plastic microwave cookware designed for the microwave oven only. This material will not withstand conventional heat.
- Do not cover a metal pan with a metal lid or aluminum foil.

NOTE: Always use your conventional bakeware and cookware in the oven whether you are using the Speed Cook settings or the conventional bake setting.



You don't need to purchase new cookware! A wide variety of conventional cookware and bakeware works well in your Speed Oven.

RACK POSITIONS

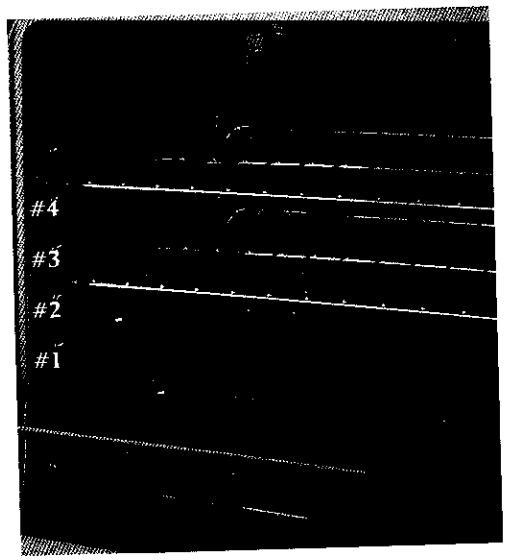
For the best browning results and most efficient cooking times, just follow these easy guidelines for rack positions. Refer to additional charts for recommendations for specific foods.

Multiple Rack Cooking:
Use #1 and #4 for two-rack oven meals.

Use Rack Position #3:
Roasting poultry, fish, casseroles, vegetables, desserts.

Use Rack Position #2:
Most foods, defrosting, roasting meat, souffle, quiche, frozen convenience foods, desserts.

Use Rack Position #1:
Turkey, frozen baked pies.



A choice of 4 rack positions for Speed Cook ensures easy success. Follow our guidelines for the best browning results and most efficient cooking times.

COOKING TECHNIQUES

Many of the techniques you already know from conventional cooking can be easily applied to Speed Cooking as well. The main difference is that you DO NOT PREHEAT or set a temperature in Speed Cooking.

Covering—Cover the food if your recipe calls for it. DO NOT cover a metal pan with a metal lid or aluminum foil. DO NOT use plastic wrap or wax paper since the oven is hot.

Shielding—There are times when you may want to shield food with aluminum foil:

- Poultry or meat during defrost.
- Pie crust per package directions.
- Large meats/poultry during cooking such as ham and turkey legs. We recommend shielding the turkey at the beginning of the cooking, then removing the aluminum foil for the remainder of the cycle.

Handling Food During Cooking—Use the same techniques for Speed Cooking as you use for conventional cooking. The only differences are:

- **Cooking a roast or ham**—These meats should be turned over halfway through cooking.
- **Toppings**—(Cheese, tomato sauce or bread crumbs) should be added during the last few minutes.

Standing Times—After removing a roast or whole poultry from the oven, the temperature will continue to rise. Allow 10 to 15 minutes standing time for easier carving and to allow temperature to finish rising.

NOTE: As with conventional cooking, size and shape, quantity and starting temperature of food will all affect the cooking times. For instance, frozen or cold food will take longer to cook than food at room temperature. If you cut up food such as vegetables, fruits or meats, remember to cut them in uniform pieces so they will cook evenly. Individual food items such as potatoes should be as similar in size and shape as possible for best results. When you increase the quantity of food in a recipe, be sure to allow extra cooking time. Understanding these easy-to-master techniques will help you achieve great results.

Shielding food with aluminum will help it cook and brown more evenly.

The Speed Oven offers the unique advantage of allowing you to defrost meats or poultry over 4 pounds. The large oven cavity promotes a flexible, spontaneous approach to meal preparation, even for last-minute defrosting to entertain.

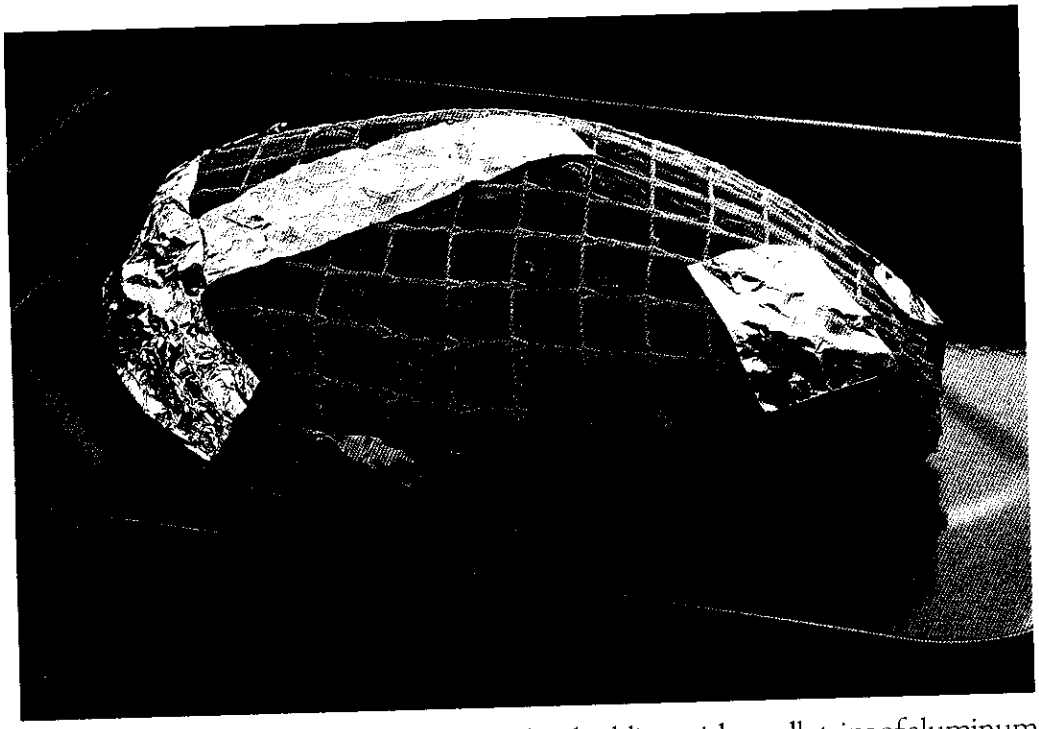
IMPORTANT NOTE: Your Speed Oven is not designed to defrost fish or to defrost meats or poultry weighing less than 4 pounds. Defrost items less than 4 pounds in a microwave oven or refrigerator – DO NOT defrost at room temperature. DO NOT set the Defrost operation for 60 minutes or less or your food will cook, not defrost.

During the Defrost operation, we suggest you check the food several times.

BASIC INSTRUCTIONS

1. Place a 4 pound or larger roast, chicken or turkey in a shallow **metal roasting pan without a rack**. Place the pan on rack position #2. The Speed Oven is not designed to defrost fish or very small amounts of food. Defrost these items in your microwave oven or refrigerator.
2. Set **DEFROST HEAT** for the maximum defrost time listed in the chart on page 9.
   NOTE: DO NOT set a time of 60 minutes or less or your food will cook, not defrost.
3. During the Defrost operation, we suggest you check the food several times. Shield any warm areas with aluminum foil. For best results, turn roasts over two or three times during defrosting.
4. Check meat/poultry at the minimum time listed in the chart. Continue defrosting if necessary. Apply small strips of aluminum foil to any areas that feel warm. (See photo on page 9)
5. If meat or poultry needs additional defrosting, press **DEFROST HEAT** and set time for over 60 minutes. Check every 10 minutes by setting the timer.
6. After defrosting:
   - Meats—Roasts will not be completely thawed. They will have an icy center but a sharp fork can be inserted into the center. Cover a roast with aluminum foil and let stand for up to 30 minutes. If the center of the roast is icy, expect cooking time to be slightly longer.
   - Poultry—Whole poultry should be placed under cold running water to remove the giblets. It may be necessary to run the water into the cavity for several minutes to loosen the giblets. Completely cover poultry in water and soak in cold water for 30 to 60 minutes.

     NOTE: Any area on the poultry skin that discolors or dries will rehydrate during the 30 to 60 minute soak. The soaking/rehydrating step is necessary to ensure moistness.



Shielding tip: Check and turn roast several times during defrosting. Shield any areas that feel warm with small strips of aluminum foil.

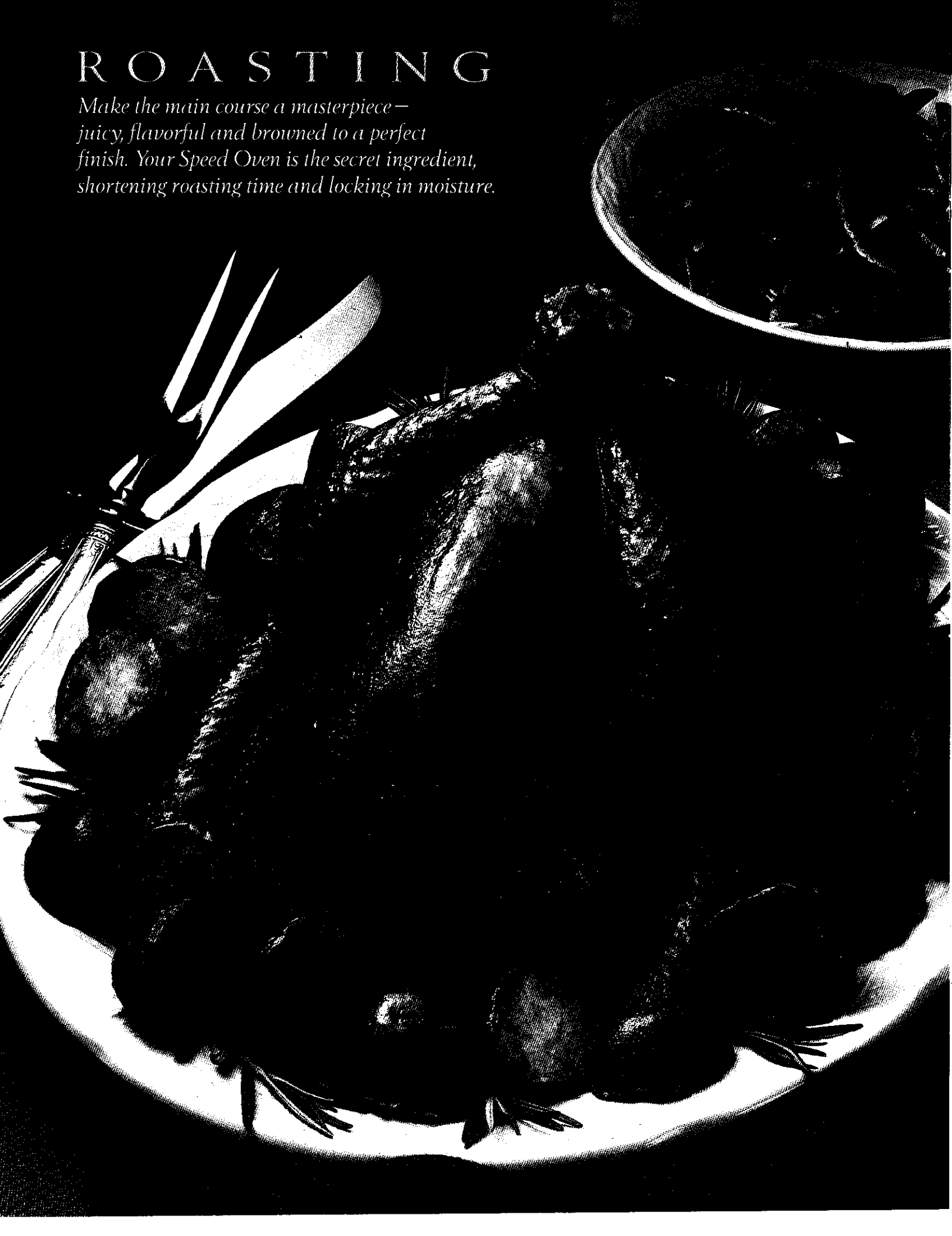
Protect any areas that may defrost too fast by shielding with small strips of aluminum foil. For best results and more even defrosting, shield ends and any fat spots of roasts and poultry.

DEFROST CHART FOR POULTRY, BEEF, PORK

FOOD	WEIGHT	APPROXIMATE DEFROST TIME	TIPS
4 Cornish Hens	4 lbs.	1 hr. 15 min. to 1 hr. 30 min.	Leave in original wrap for defrosting.
Whole Chicken	4 lbs.	1 hr. 15 min. to 1 hr. 30 min.	
Turkey Breast	7 lbs.	1 hr. 30 min. to 1 hr. 50 min.	
Whole Turkey	12 lbs.	3 hrs. to 3 hrs. 10 min.	Shield turkey leg ends and top of breast with aluminum foil.
Whole Turkey	16 lbs.	4 hrs. to 4 hrs. 20 min.	
Whole Turkey	20 lbs.	5 hrs. to 5 hrs. 20 min.	
Beef, Pork	Under 4 lb. roast	Not recommended	Bone-in roasts will take less time to defrost than boneless roasts. Two or three times during the defrost, turn the roast over and check for warm areas. Shield the warm areas with small strips of aluminum foil.
	4-6 lbs. roast -bone-in -boneless	1 hr. 5 min. to 1 hr. 55 min. 1 hr. 15 min. to 2 hrs. 10 min.	
	7-9 lbs. roast -bone-in -boneless	1 hr. 55 min. to 2 hrs. 50 min. 2 hrs. 10 min. to 3 hrs. 10 min.	

ROASTING

Make the main course a masterpiece—juicy, flavorful and browned to a perfect finish. Your Speed Oven is the secret ingredient, shortening roasting time and locking in moisture.



MEAT, POULTRY AND FISH

If you like beautifully browned roasts and poultry that turn out juicy and flavorful, the Speed Oven will provide you with a welcome shortcut to success. We've included all the basic instructions, charts and tips you need to achieve tender perfection with a variety of favorite meats, poultry and fish. You'll be delighted with how easy it is to save time. Now you can serve an elegant roast in the middle of the work week—you don't need to wait until Sunday!

For best results, select metal pans when roasting meats and whole poultry.

BASIC INSTRUCTIONS

1. Place thawed meat, poultry or fish in a **metal pan**. (Whole poultry or roasts will create excessive splattering in a glass pan.)
   NOTE: For best results, use at least a 4-pound roast. For preparing frozen fish sticks or fillets, see Frozen chart on page 29.
2. Place the pan in the Speed Oven using the rack position outlined in the Roast charts on pages 12 and 13.
3. Set **SPEED COOK 1** for the maximum time outlined in the charts.
4. Turn roast over after about half the cooking time.
5. At the minimum time listed in the charts, check for doneness using a thermometer inserted into the center of the roast or the thickest part of the poultry or the center of the fish. Temperatures are given in the charts. DO NOT use a conventional or microwave thermometer in the oven during **SPEED COOK** to prevent damaging the thermometer.
   NOTE: Remove roast or poultry when the temperature is 5 degrees below desired temperature in the charts. The temperature will continue to rise about 5 to 10 degrees during the standing time.
6. If necessary, continue cooking and check periodically until done. Cover meat with aluminum foil and allow to stand up to 20 minutes.

ADDITIONAL TIPS

- Foil shielding is important for less tender beef roasts, which do not have a layer of fat to help keep the surface from drying. Tie roasts that tend to separate during cooking. **NOTE:** Small separated areas on the ends or tops of roasts may overcook unless shielded with foil.
- For best results, select metal pans when roasting meats and whole poultry. Drippings tend to splatter more in glass dishes than in metal pans. If using a glass pan when cooking fish, decrease cooking time by about 3 to 5 minutes.
- DO NOT stuff poultry. Instead, cook stuffing separately in a shallow dish during the last 15 minutes of the roasting time. For moist stuffing, cover dish.

ROASTING

Oven cooking bags work well for less tender cuts of meat or for heating a fully cooked ham. Be sure to vent the bag to avoid excess steam buildup.

ROASTING CHART FOR BEEF AND PORK ROASTS

FOOD	WEIGHT	RACK POS.	FINAL TEMPERATURE	SPEED TIME*	TIPS
Beef					Roasts which are thin tend to cook faster than chunky roasts. Boneless roasts should be tied to keep their shape during cooking. To start, place serving side down. At half of the cooking time, turn the roast over, and shield if necessary. For less tender cuts of meat, use a cooking bag with slits cut in the end of the bag to vent.
Rib Eye Roast boneless	4 lbs.	#2	Rare 140 Medium 160 Well done 170	50 min. to 1 hr. 1 hr. 5 min. to 1 hr. 10 min. 1 hr. 10 min. to 1 hr. 20 min.	
	5-6 lbs.	#2	Rare 140 Medium 160 Well done 170	1 hr. 5 min. to 1 hr. 10 min. 1 hr. 5 min. to 1 hr. 15 min. 1 hr. 15 min. to 1 hr. 25 min.	
Shoulder Roast	4 lbs. 5-6 lbs.	#2 #2	Well done 170 Well done 170	1 hr. 10 min. to 1 hr. 20 min. 1 hr. 15 min. to 1 hr. 25 min.	
Chuck Roast	4 lbs.	#2	Well done 170	1 hr. to 1 hr. 15 min.	
Rump Roast boneless rolled	4 lbs.	#2	Med. Rare 150 Well done 170	50 min. to 1 hr. 1 hr. 5 min. to 1 hr. 15 min.	
	5-6 lbs.	#2	Med. Rare 150 Well done 170	1 hr. 5 min. to 1 hr. 15 min. 1 hr. 15 min. to 1 hr. 25 min.	
Pork					
Shoulder Roast boneless, tied	3-5 lbs.	#2	Well done 170	45 min. to 1 hr.	
Ham, fully cooked, whole, boneless	6-8 lbs.	#2	Heated 140	1 hr. 15 min. to 1 hr. 30 min.	Use cooking bag with 1 cup water. Cut slits in the bag at the end. Turn the ham over halfway through cooking.
Ham, fully cooked portion, boneless	3-5 lbs.	#2	Heated 140	50 min. to 1 hr. 5 min.	
Chops; ½" boneless	4 chops (3.5 oz. ea.)	#2	Medium 160	7 to 10 min.	
½" bone-in	4 chops (4.5-5 oz. ea.)	#2	Medium 160	9 to 12 min.	
¾" bone-in	4 chops (7-8 oz. ea.)	#2	Medium 160	13 to 17 min.	

*The times in the chart above are suggested times. A meat thermometer is the most accurate way to determine doneness.

ROASTING CHART FOR POULTRY AND FISH

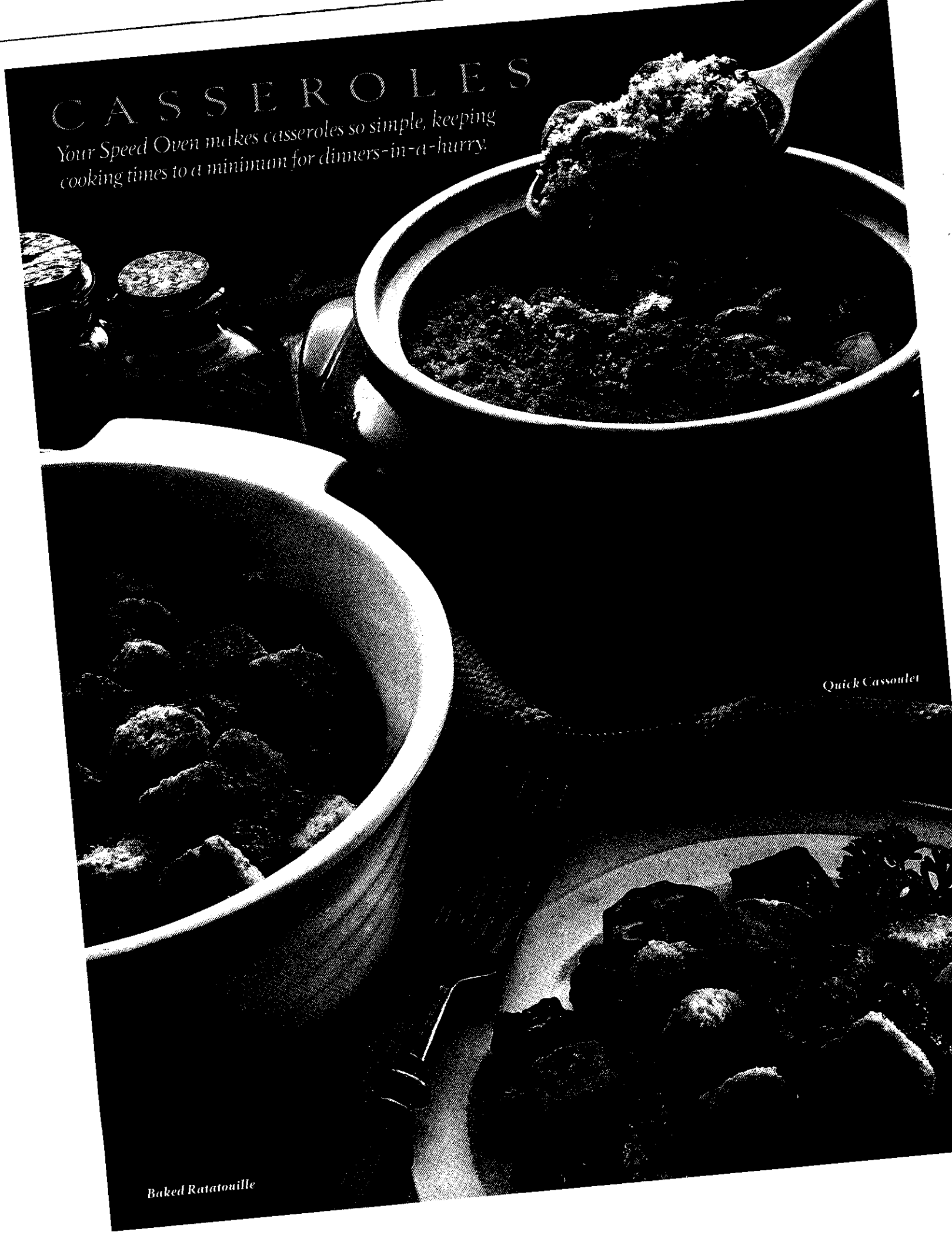
FOOD	WEIGHT	RACK POS.	FINAL TEMP.	SPEED TIME*	TIPS
Poultry					Whole Poultry: Tie legs together, tuck wings, and place breast side up. Chicken Pieces: Place the thickest meaty areas toward edges of the dish.
Chicken, Broiler-Fryer whole	2½ - 3½ lbs. 3½ - 4½ lbs.	#3	170	25 to 35 min. 30 to 35 min.	
cut-up	2½ - 3½ lbs.	#3	170-breast 185-thigh	18 to 22 min.	
Chicken Breast, boneless/skinless	1 - 2 lbs. 2 - 3 lbs.	#3	170	9 to 13 min. 11 to 15 min.	
Cornish Hens, whole (1.2 lbs. ea.)	2 hens 4 hens 6 hens	#3	170	20 to 25 min. 25 to 30 min. 30 to 35 min.	
Turkey, Whole, unstuffed only	10 - 12 lbs. 12 - 16 lbs. 16 - 20 lbs. 20 - 24 lbs.	#1	170-breast 185-thigh	1 hr. to 1 hr. 30 min. 1 hr. 30 min. to 2 hr. 2 hr. to 2 hr. 20 min. 2 hr. 20 min. to 2 hr. 40 min.	Oil the skin of neck cavity. Shield the loose skin over the neck cavity and tops of the legs with foil strips. Remove foil strips toward the end of cooking to allow the skin to brown and crisp.
Turkey Breast, whole	4 - 7 lbs. 7 - 10 lbs.	#1	170	1 hr. to 1 hr. 20 min. 1 hr. 20 min. to 1 hr. 40 min.	
Fish					Shield or overlap thin tail areas of whole fish or fillets. Brush with butter or oil. Cook until fish flakes easily.
Whole	1 - 2 lbs. 2 - 3 lbs. 3 - 4 lbs.	#3	150	10 to 15 min. 15 to 20 min. 25 to 30 min.	
Fish Steaks, ¾ to 1 in. thick	1 - 1½ lbs. 1½ - 2 lbs. 2 - 2½ lbs.	#3	150	12 to 15 min. 13 to 16 min. 14 to 17 min.	
Fillets, ½ to ¾ in. thick	1 - 1½ lbs. 1½ - 2 lbs. 2 - 2½ lbs.	#3	150	7 to 9 min. 8 to 10 min. 9 to 11 min.	

*The times in the chart are suggested times. A meat thermometer is the most accurate way to determine doneness.

When roasting, be sure to shield food with aluminum to help it cook and brown more evenly.

CASSEROLES

Your Speed Oven makes casseroles so simple, keeping cooking times to a minimum for dinners-in-a-hurry.



Quick Cassoulet

Baked Ratatouille

C A S S E R O L E S

MAIN DISHES & CASSEROLES

In minutes you can have a hot, hearty main dish or a light, simple side dish on the table with the help of your new Speed Oven. Use our basic instructions and tips to guide you to superb results. Just add a salad and the meal's a favorite with your family or unexpected company. Your Speed Oven will win you over with how easy it all is!

As with conventional baking, casseroles should not be filled more than 1/2 to 2/3 full.

BASIC INSTRUCTIONS

1. Prepare a main dish or casserole using your favorite recipe. See Additional Tips below before selecting your cookware.
2. Select the proper oven rack for cooking. Generally, foods cook best when located on rack position #2 or #3. Use the chart on page 16 as a guide for selecting rack positions.
3. Select the proper Speed Cook setting.
   Use **SPEED COOK 1** for most casseroles and main dishes. (Examples are lasagna and turkey divan.)
   Use **SPEED COOK 2** for gently cooking delicate foods such as egg and cheese dishes. (Examples are macaroni and cheese and quiche.)
4. Set the time. Use half the maximum conventional cooking time. Check the cooking progress at half of the minimum time.

ADDITIONAL TIPS

Cookware

- When using shallow cookware, there will be no difference in cooking times between glass or metal dishes. When using deep dishes (greater than 2 inches), cooking time will be increased slightly (up to 5 minutes) for the metal cookware.
- If covering is necessary, use a glass container with a glass lid or aluminum foil. DO NOT cover a metal dish with a metal lid or aluminum foil as this will increase cooking times.

Food Temperature

- For refrigerated casseroles, add about 5 to 10 additional minutes when heating.

Amount of Food

- During Speed Cooking, there is more "boil/bubble" action in the casseroles. Thus, do not overfill the dish. As with conventional baking, casseroles should not be filled more than 1/2 to 2/3 full, especially when very juicy. Foods will cook faster when allowed to spread out in a large dish.
- When using Speed Cooking, two casseroles usually take longer to cook than one.

Toppings

- Add toppings such as tomato sauce, catsup, cheese or crumbs during the last few minutes of cooking. This prevents overcooking and can allow for some stirring of the food, if desired, before a topping is added to finish the dish.

Frozen Casseroles

- When freezing foods in large amounts, use two dishes with the food spread out rather than one deep dish.
- Cook time varies for frozen foods and depends on the shape and size of the casserole. Generally, thin, spread-out foods heat best in about 1/2 to 2/3 of the conventional time. Thicker or deeper casseroles may cook more evenly if the casserole is turned from front to back once during cooking.
- Frozen casseroles generally cook faster if covered. Use glass cooking dishes and cover the top with a glass lid or aluminum foil. During the last few minutes of cooking, uncover to crisp or brown the top surface.

MAIN DISH/CASSEROLE CHART

RECIPE	COOKWARE	RACK POS.	SETTING	SPEED TIME*	BAKE TIME	TIPS
Pasta Casseroles						
Lasagna (6-8 servings)	13" x 9" x 2"	#3	**SPEED COOK 1**	Fresh: 16 to 20 min. Frozen: 40 to 50 min.	45 to 50 min.	Let stand a few minutes to firm before cutting and serving. Cook frozen lasagna in a glass dish and cover with aluminum foil for faster heating.
Macaroni and Cheese (6 servings)	1½ qt.	#3	**SPEED COOK 2**	8 to 10 min.	35 to 40 min.	Time is for heating precooked pasta and sauce. To avoid spillover, do not overfill casserole.
Tuna Noodle Casserole (4-6 servings)	2 qt.	#3	**SPEED COOK 1**	12 to 15 min.	18 to 22 min.	Add toppings last 3-5 minutes of cooking.
Turkey or Chicken Tetrazzini (4-6 servings)	2 qt.	#3	**SPEED COOK 1**	10 to 15 min.	30 to 35 min.	Precook noodles. Use cooked, cubed or chopped poultry and sauce as recipe directs.
Vegetable Casseroles						
Chicken or Turkey Divan (6 servings)	12" x 8" x 2"	#3	**SPEED COOK 1**	10 to 15 min.	18 to 22 min.	For a refrigerated casserole, add 3-4 more minutes. For 2 casseroles, add 6 more minutes.
Green Bean Casserole 2 pkg. (9 oz.) frozen beans	12" x 8" glass	#3	**SPEED COOK 1**	16 to 20 min.	32 to 38 min.	Defrost frozen beans before assembling casserole. Sprinkle with topping last 3 minutes of cooking.
Meat-stuffed Peppers (cooked meat-rice filling) (6 peppers)	11" x 7" x 2"	#2	**SPEED COOK 2**	16 to 20 min.	50 to 60 min.	Rotate dishes ½ turn or rearrange after half of time, if desired.
Egg/Cheese Casseroles						
Cheese Soufflé (4 servings)	1 qt. soufflé dish	#2	**SPEED COOK 2**	28 to 32 min.	40 to 45 min.	Serve immediately.
Oven Scrambled Eggs or Oven Omelet(s) (10-12 servings)	8" square glass	#3	**SPEED COOK 2**	20 to 25 min.	40 to 50 min.	For scrambled, stir 2-3 times. For omelet, stir after about 5 minutes. Eggs will be soft at end of cooking; let stand about 5 minutes to set.
Quiche Pie (6 servings)	9" round quiche dish	#2	**SPEED COOK 2**	13 to 17 min.	47 to 52 min.	Use a precooked pie crust.
Other						
Homemade Refrigerated Pizza (4-6 servings)	14" x 10"	#2	**SPEED COOK 2**	10 to 14 min.	12 to 16 min.	

*Times are based on specific brands of mixes or recipes tested. Actual times will depend on the recipes you Speed Cook and the starting temperature of the food.

†Time listed is for conventional bake time.

No-cook Noddle Lasagna

3/4 to 1 lb. ground Italian sausage or ground beef, crumbled
8 oz. fresh mushrooms, sliced (3 cups)
1 small onion, chopped (1/2 cup)
2 cloves garlic, minced
2 cans (14 1/2 oz. each) diced tomatoes, undrained
2 cans (8 oz. each) tomato sauce
1 teaspoon dried oregano leaves
1 teaspoon sugar
1/2 teaspoon dried basil leaves
1/2 teaspoon salt
1/4 teaspoon pepper
1 bay leaf
1 container (15 oz.) ricotta cheese
1/2 cup grated Parmesan cheese, divided
1 egg
2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley leaves
9 uncooked lasagna noodles
2 cups shredded mozzarella cheese, divided

Variation: Zucchini Lasagna:
Omit sausage. Add 2 tablespoons olive oil and 4 cups thinly sliced zucchini (1/8-inch slices). In 6-quart Dutch oven, combine mushrooms, onion, oil and garlic. Cook over medium-high heat until mushrooms are golden brown, stirring frequently. Drain. Continue as directed, except layer half the zucchini slices over each of the first two layers of noodles before adding the ricotta mixture.

No-cook Noodle Lasagna

In 6-quart Dutch oven, combine sausage, mushrooms, onion and garlic. Cook over medium-high heat until sausage is no longer pink, stirring frequently. Drain. Stir in tomatoes, tomato sauce, oregano, sugar, basil, salt, pepper and bay leaf. Bring to boil over medium-high heat. Reduce heat to low. Simmer for 10 minutes. Remove from heat. Remove bay leaf. Set sauce aside.

In medium mixing bowl, combine ricotta, 1/4 cup Parmesan cheese, the egg and parsley. Set aside. In bottom of 13 x 9-inch metal baking pan, evenly spread 1 1/2 cups sauce. Arrange 3 uncooked noodles over sauce, pressing noodles down gently into sauce. Layer half the ricotta mixture, 2/3 cup mozzarella, and one third of remaining sauce. Repeat layers once. Top with remaining 3 noodles and remaining sauce (be sure to completely cover noodles with sauce). Place lasagna in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 1** for 39 minutes. Bake for 30 to 35 minutes, or until fork passes easily through noodles. Sprinkle remaining 2/3 cup mozzarella and 1/4 cup Parmesan cheese evenly over lasagna. Continue baking for additional 2 to 4 minutes, or until cheese is melted.

Conventional Method: Heat oven to 350° F. Prepare as directed, except sprinkle remaining 2/3 cup mozzarella and 1/4 cup Parmesan cheese over lasagna before baking. Cover with foil. Bake for 30 minutes. Remove foil. Bake for additional 15 to 20 minutes, or until edges are bubbly and cheese is golden brown.

12 servings

Per Serving:				Exchanges:
Calories:	280	Cholesterol:	60mg.	1Starch/Bread
Protein:	19g.	Sodium:	830g.	2 Meat/Medium Fat
Total Carbohydrate:	22g.	Calcium:	320mg.	1 Vegetable
Total Fat:	13g.			.5 Fat

Quick Cassoulet

- *1/2 cup dry bread crumbs*
- *2 tablespoons snipped fresh parsley or 2 teaspoons dried parsley leaves*
- *2 tablespoons butter or margarine, melted*
- *2 cans (16 oz. each) Great Northern beans, drained*
- *1 can (14 1/2 oz.) stewed tomatoes, undrained*
- *1/2 lb. Polish sausage link, cut into 1/2-inch slices*
- *1 cup cubed cooked chicken or turkey (1/2-inch cubes)*
- *2 medium carrots, thinly sliced (1 cup)*
- *1 medium onion, chopped (1 cup)*
- *3 cloves garlic, minced*
- *1 teaspoon crushed dried rosemary leaves*
- *1/2 teaspoon dried thyme leaves*
- *1/4 teaspoon ground allspice*
- *1/4 teaspoon pepper*

In small mixing bowl, combine bread crumbs, parsley and butter. Set topping aside. In large mixing bowl, combine remaining ingredients. Spread mixture evenly in 2 1/2-quart casserole. Cover. Place casserole in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 1** for 28 minutes. Bake for 20 to 25 minutes, or until bubbly. Sprinkle cassoulet evenly with topping. Continue baking, uncovered, for additional 2 to 3 minutes, or until topping is golden brown. Let stand for 5 minutes before serving.

Conventional Method: Heat oven to 350°F. Prepare as directed. Cover. Bake for 45 minutes. Sprinkle cassoulet evenly with topping. Bake, uncovered, for additional 15 to 20 minutes, or until edges are bubbly and topping is golden brown. Let stand for 5 minutes before serving.

6 to 8 servings

Per Serving:				Exchanges:
Calories:	290	Cholesterol:	45mg.	1.5 Starch/Bread
Protein:	17g.	Sodium:	490g.	1 Meat/Lean
Total Carbohydrate:	27g.	Calcium:	101mg.	1 Vegetable
Total Fat:	13g.			2 Fat

Baked Ratatouille

- *1 cup Italian-seasoned croutons*
- *2 tablespoons butter or margarine, melted*
- *1 small eggplant (12 oz.), cut into 1/2-inch cubes (about 4 1/2 cups)*
- *1 teaspoon salt*
- *1 can (14 1/2 oz.) diced tomatoes, drained*
- *1 small zucchini, cut into 1/2-inch slices (about 1 1/3 cups)*
- *1 can (8 oz.) tomato sauce*
- *1 cup coarsely chopped green pepper*
- *1 can (6 oz.) tomato paste*
- *1 small onion, chopped (1/2 cup)*
- *1 tablespoon snipped fresh parsley or 1 teaspoon dried parsley leaves*
- *1 tablespoon snipped fresh basil or 1 teaspoon dried basil leaves*
- *1 clove garlic, minced*

In small mixing bowl, combine croutons and butter. Set aside. Line 15 1/2 x 10-inch baking sheet with double-thickness paper towels. Spread eggplant cubes in single layer on sheet. Sprinkle eggplant evenly with salt. Let stand for 30 minutes. Blot with additional paper towels to remove excess moisture. In large bowl, combine eggplant and remaining ingredients, except croutons and butter. Spread mixture evenly in 2-quart casserole. Cover. Place casserole in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 1** for 30 minutes. Bake for 25 to 27 minutes, or until mixture is hot and vegetables are tender. Sprinkle croutons evenly over ratatouille. Continue baking, uncovered, for additional 2 to 3 minutes, or until croutons are golden brown. Let stand for 5 minutes before serving.

Conventional Method: Heat oven to 350°F. Prepare as directed. Cover. Bake for 50 minutes. Sprinkle croutons evenly over ratatouille. Bake, uncovered, for additional 10 to 15 minutes, or until vegetables are tender and croutons are golden brown. Let stand for 5 minutes before serving.

4 to 6 servings

Per Serving:				Exchanges:
Calories:	140	Cholesterol:	10mg.	.5 Starch/Bread
Protein:	4g.	Sodium:	930g.	1 Vegetable
Total Carbohydrate:	21g.	Calcium:	34mg.	1 Fat
Total Fat:	5g.			

Mexican Corn & Bean Bake

Filling

1 lb. lean ground beef, crumbled
1 small onion, chopped (1/2 cup)
1 can (15 1/2 oz.) red kidney beans, rinsed and drained
1 can (14 1/2 oz.) stewed tomatoes, undrained and cut up
1 can (11 oz.) whole-kernel corn, drained
1 can (6 oz.) tomato paste
1 1/2 to 2 teaspoons chili powder
1/2 teaspoon salt
3 to 4 drops red pepper sauce

Topping

3/4 cup yellow cornmeal
1/3 cup all-purpose flour
1 teaspoon baking powder
1/2 to 1 teaspoon chili powder
1/3 cup milk
1 egg, beaten
2 tablespoons butter or margarine, melted
1 cup shredded Cheddar cheese, divided

Lightly grease 2-quart casserole. Set aside. In 12-inch nonstick skillet, combine ground beef and onions. Cook over medium-high heat until meat is no longer pink, stirring frequently. Drain. Stir in remaining filling ingredients. Bring to boil over medium-high heat. Spread filling evenly in prepared casserole. Cover to keep warm. Set aside. In medium mixing bowl, combine cornmeal, flour, baking powder and chili powder. Add milk, egg and butter. Stir just until dry ingredients are moistened. Stir in 1/2 cup cheese. Sprinkle remaining 1/2 cup cheese evenly over filling. Drop cornmeal mixture by tablespoons over cheese. Spread evenly to cover. Place casserole in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 2** for 12 minutes. Bake, uncovered, for 10 to 12 minutes, or until edges are bubbly and wooden pick inserted in center of corn bread comes out clean. Let stand for 5 to 10 minutes before serving.

Conventional Method: Heat oven to 350°F. Prepare as directed. Bake, uncovered, for 20 to 25 minutes, or until edges are bubbly and wooden pick inserted in center of corn bread comes out clean. Let stand for 5 to 10 minutes before serving.

6 servings

Per Serving:				Exchanges:
Calories:	490	Cholesterol:	115mg.	2 Starch/Bread
Protein:	28g.	Sodium:	970g.	3 Meat/Medium-Fat
Total Carbohydrate:	46g.	Calcium:	248mg.	1 Vegetable
Total Fat:	23g.			1 Fat

Mexican Corn & Bean Bake

Pasta & 3 Cheeses

2 cups uncooked tricolored or plain rotini
1/4 cup butter or margarine
1/4 cup all-purpose flour
1 tablespoon snipped fresh chives or 1 teaspoon dried chives
1/2 teaspoon salt
1/8 teaspoon white pepper
1/8 teaspoon cayenne pepper(optional)
2 cups milk
1 1/2 cups shredded sharp Cheddar cheese
1 1/2 cups shredded Swiss or Gruyere cheese
1 tablespoon grated Parmesan cheese

Prepare rotini as directed on package. Rinse and drain. Set aside. In 3-quart saucepan, melt butter over medium-low heat. Remove from heat. Stir in flour, chives, salt, white pepper and cayenne pepper. Gradually blend in milk. Cook over medium heat until sauce thickens and bubbles, stirring constantly. Gradually stir in Cheddar cheese and Swiss cheese. Fold in rotini. Pour mixture into 1 1/2-quart casserole. Place casserole in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 2** for 13 minutes. Bake for 7 to 10 minutes, or until edges are bubbly. Sprinkle top evenly with Parmesan cheese. Continue baking for 2 to 3 minutes, or until cheese is melted.

Conventional Method: Heat oven to 350°F. Prepare as directed, except sprinkle top evenly with Parmesan cheese before baking. Bake for 25 to 30 minutes, or until edges are bubbly and top is golden brown.

6 servings

Per Serving:				Exchanges:
Calories:	450	Cholesterol:	85mg.	1.5 Starch/Bread
Protein:	22g.	Sodium:	560g.	2 Meat/Medium-Fat
Total Carbohydrate:	30g.	Calcium:	594mg.	.5 Milk/Low-Fat
Total Fat:	27g.			3 Fat

Chicken Tetrazzini

1 pkg. (8 oz.) uncooked spaghetti, broken into quarters
8 oz. fresh mushrooms, sliced (3 cups)
3 tablespoons butter or margarine
3 tablespoons all-purpose flour
1/4 to 1/2 teaspoon salt (optional)
1/4 teaspoon pepper
1 can (14 1/2 oz.) ready-to-serve chicken broth
1/3 cup half-and-half
1/4 cup dry white wine
1 cup grated Parmesan cheese, divided
2 cups cubed cooked chicken or turkey (1/2-inch cubes)
1 jar (2 oz.) diced pimientos, drained

Lightly grease 2-quart casserole. Set aside. Prepare spaghetti as directed on package. Rinse and drain. Set aside. In 12-inch nonstick skillet, combine mushrooms and butter. Cook over medium-high heat until mushrooms are golden brown, stirring frequently. Remove from heat. Stir in flour, salt and pepper. Gradually blend in broth, half-and-half and wine. Bring mixture to boil over medium-high heat, stirring constantly. Remove from heat. Gradually stir in 3/4 cup cheese. In large mixing bowl, combine mushroom mixture, the spaghetti, chicken and pimientos. Spread mixture evenly in prepared casserole. Place casserole in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 1** for 19 minutes. Bake for 13 to 15 minutes, or until edges are bubbly. Sprinkle top evenly with remaining 1/4 cup cheese. Continue baking for additional 2 to 4 minutes, or until cheese is melted. Let stand for 5 to 10 minutes before serving.

Conventional Method: Heat oven to 350°F. Prepare as directed, except add remaining 1/4 cup cheese before baking. Bake for 25 to 30 minutes, or until edges are bubbly and top is golden brown. Let stand for 5 to 10 minutes before serving.

4 to 6 servings

Per Serving:				Exchanges:
Calories:	400	Cholesterol:	75mg.	2 Starch/Bread
Protein:	27g.	Sodium:	570g.	2.5 Meat/Lean
Total Carbohydrate:	33g.	Calcium:	220mg.	2 Fat
Total Fat:	70g.			

Curried Shrimp & Rice

- *3 tablespoons butter or margarine*
- *1 lb. frozen cooked medium shrimp*
- *1 cup sliced fresh mushrooms*
- *1/4 cup chopped sweet red pepper*
- *1/4 cup sliced green onions*
- *1 can (10 3/4 oz.) condensed cream of shrimp soup*
- *1 cup uncooked instant white rice*
- *2 tablespoons dry sherry or white wine*
- *1/2 to 1 teaspoon curry powder*
- *1/4 teaspoon white pepper*
- *1/8 teaspoon cayenne pepper*
- *1/2 cup sliced almonds, toasted*
- *2 tablespoons coconut (optional)*

Curried Shrimp & Rice

Lightly grease 1 1/2-quart casserole. Set aside. In 10-inch nonstick skillet, melt butter over medium-high heat. Add shrimp, mushrooms, sweet red pepper and onions. Cook until shrimp are thawed, stirring frequently. Remove from heat. In medium mixing bowl, combine shrimp mixture and remaining ingredients, except almonds and coconut. Spread evenly in prepared casserole. Place casserole in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 2** for 16 minutes. Bake for 8 to 12 minutes, or until edges are bubbly. Sprinkle top evenly with almonds and coconut. Continue baking for additional 2 to 4 minutes, or until almonds are hot. Let stand for 5 minutes before serving.

Conventional Method: Heat oven to 350°F. Prepare as directed, except sprinkle top evenly with almonds and coconut before baking. Bake for 20 to 25 minutes, or until edges are bubbly and almonds are golden brown. Let stand for 5 minutes before serving.

4 servings

Per Serving:				Exchanges:
Calories:	420	Cholesterol:	255mg.	1.5 Starch/Bread
Protein:	30g.	Sodium:	940g.	2.5 Meat/Lean
Total Carbohydrate:	30g.	Calcium:	103mg.	4 Fat
Total-Fat:	19g.			

V E G E T A B L E S

Nutrient-rich vegetables take on added appeal when cooking time is cut in half. Use your Speed Oven to cook baked potatoes quickly and easily. Old-fashioned scalloped or au gratin potatoes turn out bubbly, browned and delicious in half the time of conventional cooking. Squash, sweet potatoes and frozen vegetables are easy to fix and fast to cook. It's all simply delicious, so now there's no excuse to skip your vegetables!

BASIC INSTRUCTIONS

1. Prepare vegetables according to your recipe or the Vegetable Chart.
2. Place vegetables in the oven on rack position #3. (Baked potatoes can be placed directly on rack. Other vegetables should be put in a dish or on a cookie sheet. See chart for guidelines.)
3. Set **SPEED COOK 1** for the maximum speed time in the chart. Check at minimum time and continue cooking if necessary.

NOTE: Vegetables will cook quickly. Speed Cooking times may be less than half the maximum conventional cooking time.

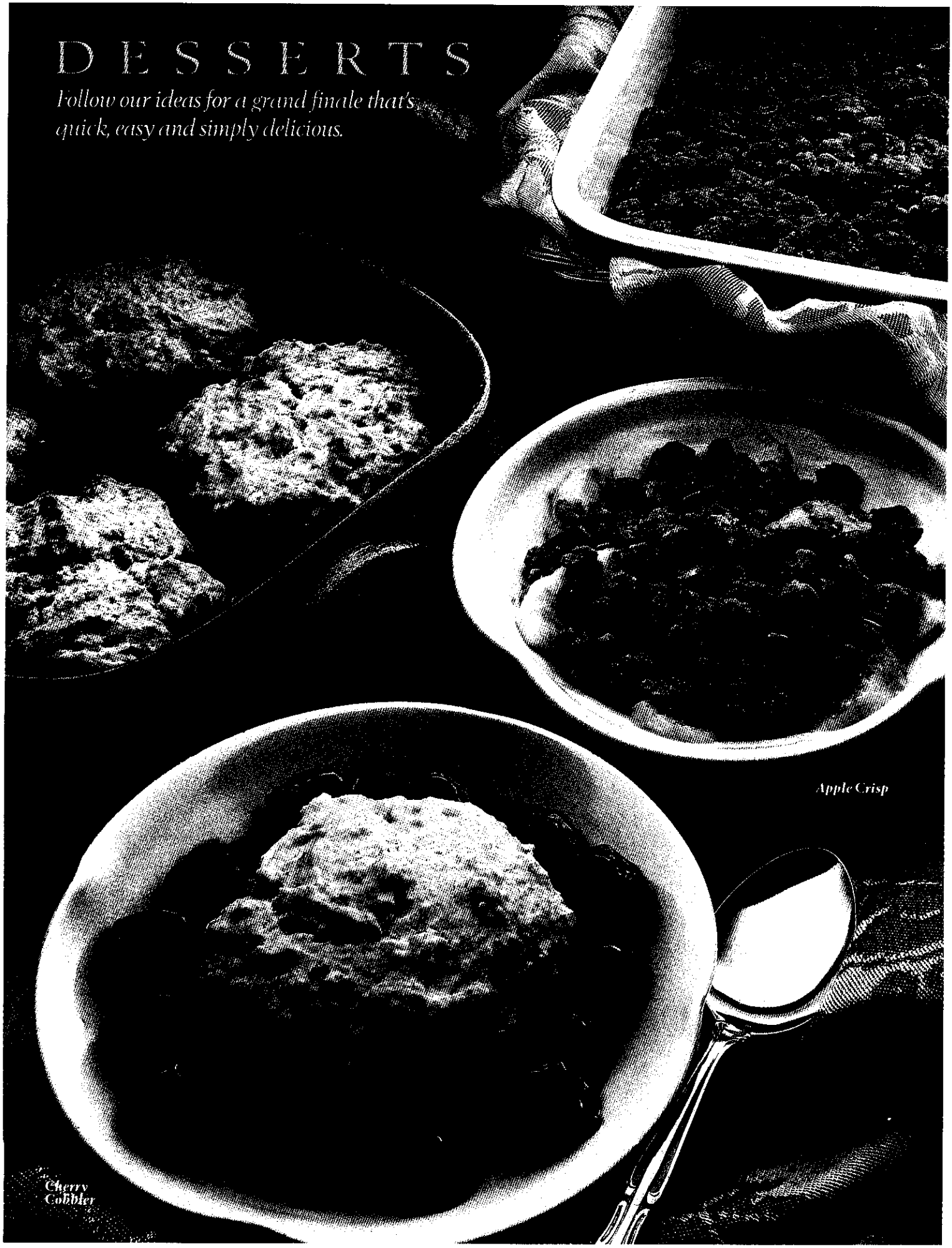
VEGETABLE CHART

RECIPE NAME OR FOOD TYPE	RECOMMENDED COOKWARE	SERVINGS	SPEED TIME*	BAKE TIME	TIPS
Potatoes Plain baked (about 7 oz. each)	Place on oven rack.	2 to 4 6 to 8	21 to 23 min. 25 to 27 min.	50 to 60 min.	Use potatoes equal in weight and shape. Prick potatoes with a fork before cooking. If unequal, remove potatoes as they are done.
Scalloped or Au Gratin Potatoes	1 1/2 - 2 qt. glass dish 13" x 9" glass dish	1 1/2 - 2 lbs. 2 1/2 lbs.	25 to 35 min. 30 to 45 min.	70 to 90 min.	Recipes vary. Cover dish if recipe recommends. To avoid spillover, fill no more than 1/2 full.
Sweet Potatoes Plain baked (about 9 - 10 oz. each)	Appropriate-size glass dish for number of potatoes being cooked.	2 to 4 6 to 8	18 to 22 min. 28 to 31 min.	35 to 45 min.	Potatoes of equal size and weight cook more evenly. Sweet potatoes may drip juices so they need to be cooked in a dish.
Squash Acorn or Butternut (about 1 to 1 1/2 lbs.)	Appropriate-size glass dish for number being cooked.	2 halves 4 halves 6 halves	15 to 19 min. 17 to 22 min. 20 to 24 min.	50 to 60 min.	Halve and remove seeds before cooking. Arrange cut-side-down in dish. If desired, after cooking, turn over and fill cavities with butter, brown sugar or seasonings. Cook for 2 more minutes. Larger squash may take longer than time on chart.
Frozen Vegetables	1 qt. glass w/cover 1 1/2 - 2 qt. glass w/cover	9 - 10 oz. pack 20 oz. pack	12 to 14 min. 14 to 16 min.	40 to 50 min. 55 to 65 min.	Add 1/4 cup water to dish. Rearrange or stir larger pieces if desired after half of cook time.
Frozen French Fries	Metal cookie sheet	16 oz. pack	8 to 12 min.	18 to 20 min.	Larger or thicker fries will take longer to cook than thinner fries.
Canned Vegetables	Covered glass dish	1 - 16 oz. can 2 - 16 oz. cans	6 to 8 min. 8 to 10 min.	18 to 20 min. 22 to 24 min.	

*Times are based on specific sizes or recipes tested. Actual times will depend on the recipes you Speed Cook.
† Time listed is for conventional bake time.

DESSERTS

Follow our ideas for a grand finale that's quick, easy and simply delicious.



Apple Crisp

Cherry Cobbler

D E S S E R T S

There's always time for dessert—your Speed Oven stands ready to put the finishing touch on a meal. Use Speed Cook Option to save time when preparing snack convenience foods such as gingerbread and longer-cooking desserts such as brownies and bars, and select desserts(see chart for examples). Use the conventional Bake Setting for large quantities, desserts with short baking times (such as cookies), or baked goods that need to rise slowly for an even shape (such as cakes and breads).

Use Speed Cook Options to save time when preparing snack convenience foods and longer-cooking desserts.

BASIC INSTRUCTIONS

1. Prepare the snack mix/recipe. Do not preheat oven.
2. Place the pan on the recommended rack. See chart below.
3. Set **SPEED COOK 2** for half of the maximum conventional time.
4. Check for doneness at half of the minimum conventional time using regular conventional techniques. Brownies may still be moist in the center. Follow recipe directions for cutting (ex: some recipes recommend cutting when warm).

DESSERT CHART

FOOD	BAKEWARE	RACK POS.	SPEED TIME*	BAKE TIME	TIPS
Apple Crisp	8" sq. glass dish	#2	12 to 17 min.	38 to 42 min.	Timing is for dessert with fresh fruit topped with sugar-flour streusel. When using cooked or canned sweetened fruit, decrease time.
Brownies, chocolate, fudgy or cakelike	Made with brownie mix: 13" x 9" x 2" metal pan	#2	12 to 17 min.	25 to 30 min.	Do not overbake.
	Made with scratch recipe: 8" sq. metal pan	#2	14 to 19 min.	30 to 35 min.	Test cakelike brownies by lightly touching top—it should spring back.
Brownies, blonde or butterscotch, made from scratch recipe	8" sq. metal pan	#2	12 to 15 min.	23 to 28 min.	Top will look dry and crinkled when done.
Cream Puffs (12 puffs)	Large cookie sheet (17" x 14")	#3	30 to 35 min.	35 to 40 min.	When completely cool, remove any moist areas in center.
Fruit Cobbler	1 qt. casserole	#3	10 to 13 min.	18 to 20 min.	Timing is for dessert with saucy fruit base and biscuit dough topping.
Lemon Squares	13" x 9" x 2" metal pan	#2	14 to 18 min.	24 to 28 min.	Bake crust for 5 minutes before adding filling.
Gingerbread/ snackcake	9" sq. metal pan	#2	16 to 19 min.	32 to 38 min.	Use conventional bake setting for family favorite cakes.
Custard 4 servings	6 oz. custard cups	#3	22 to 27 min.	42 to 48 min.	Place custard cups in a metal jelly roll pan.

*Times are based on specific brands of mixes or recipes tested. Actual times will depend on the recipes you Speed Cook.
†Time listed is for conventional bake time.

Nutty Brown Sugar Bars and Frosted Brownies

2 large baking apples, peeled, cored and sliced (4 cups)

Topping:

1 cup granola cereal
1/2 cup all-purpose flour
1/2 cup coarsely chopped pecans
1/4 cup packed brown sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 cup butter or margarine, melted

Apple Crisp

Spread apple slices evenly in 8-inch square glass baking dish. In small mixing bowl, combine all topping ingredients, except butter. Add butter to topping. Stir to coat. Sprinkle topping evenly over apples. Place dish in oven on rack position #2.

Speed Cook Method: Set **SPEED COOK 2** for 18 minutes. Bake for 15 to 18 minutes, or until apples are tender and topping is golden brown. Let stand for 5 to 10 minutes before serving.

Conventional Method: Heat oven to 350°F. Prepare as directed. Bake for 28 to 32 minutes, or until apples are tender and topping is golden brown. Let stand for 5 to 10 minutes before serving.

6 to 8 servings

Per Serving:				Exchanges:
Calories:	240	Cholesterol:	15mg.	1 Starch/Bread
Protein:	3g.	Sodium:	90g.	1 Fruit
Total Carbohydrate:	32g.	Calcium:	24mg.	2.5 Fat
Total Fat:	13g.			

1/2 cup butter or margarine, softened
1 1/2 cups packed brown sugar
2 eggs
1 1/2 cups all-purpose flour
1 teaspoon vanilla
1/4 teaspoon salt
1 cup coarsely chopped nuts

Nutty Brown Sugar Bars

Lightly grease 9-inch square metal baking pan. Set aside. In large mixing bowl, combine butter and sugar. Beat at medium speed until light and fluffy. Beat in eggs. Add flour, vanilla, salt and nuts. Stir until well blended. Spread batter evenly in prepared pan. Place pan in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 2** for 23 minutes. Bake for 18 to 23 minutes, or until wooden pick inserted in center comes out clean. Cool completely before cutting.

Conventional Method: Heat oven to 350°F. Prepare as directed. Bake for 30 to 35 minutes, or until wooden pick inserted in center comes out clean. Cool completely before cutting.

24 bars

Per Serving:				Exchanges:
Calories:	150	Cholesterol:	30mg.	.5 Starch/Bread
Protein:	2g.	Sodium:	70g.	1 Fruit
Total Carbohydrate:	20g.	Calcium:	18mg.	1.5 Fat
Total Fat:	25g.			

Frosted Brownies

Brownies:

½ cup butter or margarine, softened
1 cup granulated sugar
1¼ cups chocolate-flavored syrup
1 cup all-purpose flour
4 eggs
1 teaspoon vanilla
½ teaspoon salt
½ cup milk chocolate chips

Frosting:

1 cup milk chocolate chips
3 tablespoons milk
2 tablespoons butter or margarine
1¼ cups powdered sugar
½ teaspoon vanilla
Dash of salt

Lightly grease 15 x 10-inch baking pan. Set aside. In large mixing bowl, combine butter and granulated sugar. Beat at medium speed of electric mixer until light and fluffy. Add remaining brownie ingredients, except chips. Beat at medium speed until well blended. Stir in ½ cup chips. Spread batter evenly in prepared pan. Place pan in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 2** for 17 minutes. Bake for 15 to 17 minutes, or until wooden pick inserted in center comes out clean. Cool completely. For frosting: Combine 1 cup chips, milk and 2 tablespoons butter in 1-quart saucepan. Cook over low heat until chips are melted, stirring constantly. Remove from heat. Add remaining frosting ingredients. Stir until smooth. Spread frosting evenly on brownies.

Conventional Method: Heat oven to 350°F. Prepare as directed. Bake brownies for 18 to 22 minutes, or until wooden pick inserted in center comes out clean. Cool completely. Continue as directed.

24 brownies

Per Serving:				Exchanges:
Calories:	220	Cholesterol:	50mg.	.5 Starch/Bread
Protein:	3g.	Sodium:	135g.	2 Fruit
Total Carbohydrate:	34g.	Calcium:	31mg.	1.5 Fat
Total Fat:	9g.			

Cherry Cobbler

½ cup plus 1 tablespoon sugar, divided
½ cup all-purpose flour
¾ teaspoon baking powder
¼ teaspoon plus ⅛ teaspoon ground cinnamon, divided
Pinch of salt
2 tablespoons butter or margarine, chilled, divided
2 tablespoons cornstarch
1 can (16 oz.) red tart pitted cherries in water, drained (reserve ⅓ cup water)
3 to 4 drops red food coloring (optional)
¼ cup milk

In small mixing bowl, combine 1 tablespoon sugar, flour, baking powder, ⅛ teaspoon cinnamon and salt. Using pastry blender or 2 knives, cut in 1 tablespoon butter until mixture resembles coarse crumbs. Set topping aside. In 2-quart saucepan, combine remaining ½ cup sugar, ¼ teaspoon cinnamon and cornstarch. Stir in cherries and reserved water. Cook over medium-high heat for 7 to 9 minutes, or until mixture thickens and bubbles. Remove from heat. Stir in remaining 1 tablespoon butter and the food coloring. Spread cherry mixture evenly in 1-quart casserole. Cover to keep warm. Set aside. Add milk to topping. Stir just until dry ingredients are moistened. Drop topping onto cherry mixture in 4 heaping tablespoons. Place casserole in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 2** for 13 minutes. Bake, uncovered, for 10 to 13 minutes, or until wooden pick inserted in topping comes out clean and topping is lightly browned. Let stand for 5 minutes before serving.

Conventional Method: Heat oven to 400°F. Prepare as directed. Bake, uncovered, for 18 to 20 minutes, or until wooden pick inserted in topping comes out clean and topping is golden brown. Let stand for 5 minutes before serving.

4 servings

Per Serving:				Exchanges:
Calories:	280	Cholesterol:	15mg.	1 Starch/Bread
Protein:	3g.	Sodium:	170g.	2.5 Fruit
Total Carbohydrate:	55g.	Calcium:	72mg.	1 Fat
Total Fat:	6g.			

Variation: Blueberry Cobbler

Substitute 1 can (16½ oz.) blueberries in heavy syrup, drained (reserving ⅓ cup), for cherries. Prepare as directed, except decrease sugar in blueberry mixture to ⅓ cup and eliminate food coloring.

BASIC INSTRUCTIONS

1. Refer to the package directions for a conventional oven, NOT a microwave oven. See additional tips below.
2. Place the food in the oven on rack position #2. (Exception: frozen baked pies should be placed on rack position #1.)
3. Select a Speed Cook setting:
   For food in glass, metal or aluminum foil containers, set **SPEED COOK 1**.
   For food in heatproof plastic or paper containers, set **DEFROST HEAT**.
   NOTE: You must use the **DEFROST HEAT** setting when heating commercially frozen foods in heatproof plastic or paper containers.
4. Set the cooking time for half of the maximum time recommended for conventional ovens.
   NOTE: DEFROST HEAT must be set for 60 minutes or less.

Frozen convenience foods are quicker and easier than ever when you discover the shorter times of Speed Oven cooking. You can even cook a frozen pizza with a choice of crisp or softer crust.

PREPARATION TECHNIQUES

- Follow recommended package directions such as removing or venting the plastic covering or placing food on a cookie sheet. If package directions recommended placing the food on aluminum foil, use a cookie sheet instead.
- Remove all aluminum foil covering from aluminum foil containers and DO NOT wrap food in aluminum foil.

WHEN COOKING TWO OR MORE FROZEN FOODS TOGETHER:

- Place on the same oven rack for best results.
- When cooking different-size containers of convenience foods, set the time for the smallest food item. Check at the minimum time, removing foods that are done. Then, continue cooking larger items.
- If combining foods in different containers such as plastic and aluminum foil, use the **DEFROST HEAT** setting.
- When two or more very large-size frozen foods are cooked together, rearrange the containers after partial cooking. Rotate the containers one-half turn.
- When cooking multiples of frozen foods together, expect cooking times to increase slightly. Add 2 to 4 minutes for each additional food.

HOW TO SPEED COOK FROZEN PIZZA

1. Determine the type of crust desired.
   - **For a crisp crust:** Choose **SPEED COOK 2** and cook directly on the oven rack. Place the rack in position #3. For pizzas with extra thick toppings, check occasionally for spillovers or place on a pizza pan.
   - **For a soft crust:** Select **SPEED COOK 1** and place the pizza on a pizza pan. Place the rack in position #2.
2. Set **SPEED COOK 1** or **SPEED COOK 2** for approximately half of the maximum conventional time. See chart on page 29.

FROZEN FOOD CHART

FOOD (QUANTITY)	COOKWARE	RACK POS.	SETTING	SPEED TIME	BAKE TIME	TIPS
Entrees						
Entrees - single (9 to 11 oz.)		#3	**DEFROST HEAT**	12 to 18 min.	25 to 45 min.	Set for half of minimum time. Check early.
Entree - three food items in tray (10 to 11 oz.)	Follow package directions	#3	**DEFROST HEAT**	8 to 12 min.	25 to 30 min.	Check early.
Egg Rolls (3 rolls - 3 oz. ea. for total 9 oz.)	Place on metal cookie sheet	#2	**SPEED COOK 1**	9 to 11 min.	20 min.	
Pies*						
Baked (9")	Place on metal cookie sheet	#1	**SPEED COOK 1**	11 to 14 min.	25 to 30 min.	Time is for **warm** not hot pie.
Potatoes						
Fries (16 oz.)	Place on metal cookie sheet	#3	**SPEED COOK 1**	8 to 12 min.	18 to 20 min.	
Tater Tots (16 oz.)	Place on metal cookie sheet	#2	**SPEED COOK 1**	6 to 8 min.	11 to 15 min.	
Wedges (16 oz.)	Place on metal cookie sheet	#2	**SPEED COOK 1**	10 to 12 min.	20 to 25 min.	Turn after 8 minutes.
Fish						
4 Fillets	Place on metal cookie sheet	#2	**SPEED COOK 1**	5 to 7 min.	18 to 22 min.	Turn at 3 minutes.
10 Fish Sticks	Place on metal cookie sheet	#2	**SPEED COOK 1**	4 to 6 min.	15 to 18 min.	Turn at 2 minutes.
Vegetables						
Vegetables (9 to 10 oz.)	Covered Glass Dish	#3	**SPEED COOK 1**	12 to 14 min.	40 to 50 min.	Add ¼ cup water to dish. Rearrange or stir larger pieces.
Vegetables (20 oz.)	Covered Glass Dish	#3	**SPEED COOK 1**	14 to 16 min.	18 to 20 min.	Add ¼ cup water to dish. Rearrange or stir larger pieces.
Pizza						
Regular, round 5 to 11" dia. (4-26 oz.)	Pizza Pan (soft crust) Oven Rack (crisp crust)	#2 #3	**SPEED COOK 1** **SPEED COOK 2**	5 to 10 min. (One Pizza)** 11 to 15 min. (One Pizza)**	14 to 18 min. (One Pizza)**	
French Bread†† pizzas, 6-7 oz. (about 8" long)	Pizza Pan (soft crust) Oven Rack (crisp crust)	#2 #3	**SPEED COOK 1** **SPEED COOK 2**	5 to 10 min. (One Pizza)** 11 to 15 min. (One Pizza)**	23 to 28 min. (One Pizza)**	

† Time listed is for conventional bake time.

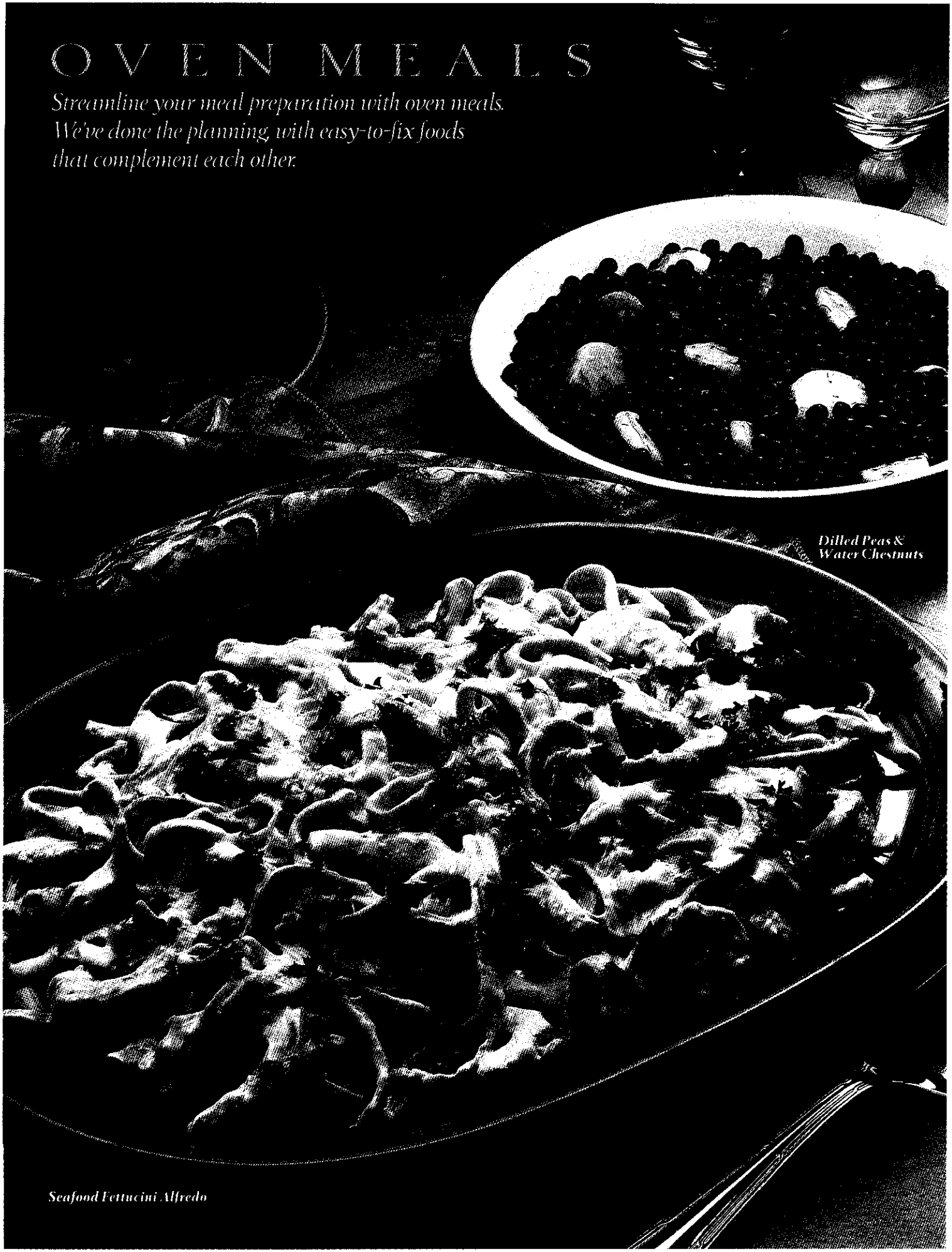
* For best results, use the Conventional Bake Setting for unbaked frozen pies.

** For two pizzas, add 1-2 additional minutes.

†† Amount of toppings will affect speed cooking times. Check your pizza at half of the maximum speed time.

OVEN MEALS

Streamline your meal preparation with oven meals. We've done the planning, with easy-to-fix foods that complement each other.



Dilled Peas & Water Chestnuts

Seafood Fettucini Alfredo

OVEN MEALS

Putting a favorite family meal together takes planning. It becomes a balancing act of perfect timing, with the need to create a harmony of flavor, texture and color. Fortunately, your Speed Oven comes to the rescue with all-together-easy plans for oven meals. Read through our basic instructions, tips and suggested menus and you'll see how they can work beautifully into your schedule.

Oven meals can include two or three dishes from the following categories:

• Meats or poultry less than 4 pounds • Vegetables • Main dishes/casseroles

Set **SPEED COOK 1** for all oven meals. If Speed Cooking a single recipe from an oven meal follow recipe directions. Breads and desserts are best cooked separately, rather than combining them into oven meals.

Oven meals should be planned with foods of similar quantity, serving size, shape, density and temperature.

BASIC INSTRUCTIONS

1. Determine the menu, cookware and rack positions.
   NOTE: For best results, oven meals should be planned with foods of similar quantity, serving size, shape, density and temperature. Consult the chart on page 32 for examples. Also, be sure to see the tips below for cookware and rack positions.
2. Determine the Speed Cook time for each food item. Refer to the charts as follows:
   • Meats or poultry less than 4 pounds (page 12-13). • Vegetables (page 23).
   • Main dishes/casseroles (page 16).
3. Determine the "meal time difference" by subtracting the minimum Speed Cook time from the maximum Speed Cook time. Example:

Whole chicken	30 to 35 minutes
Green bean casserole	16 to 20 minutes
Meal Time Difference=	**(35−16)=19 minutes** **Max−min = difference**

4. Determine when foods are added to the oven by using one of the two rules of thumb guidelines below.
   • If the meal time difference is 15 minutes or less, place all foods in the oven at the same time. Set for the maximum time.
   • If meal time difference is greater than 15 minutes, stagger the entry of food items. Put in the longest-cooking food and set for the maximum Speed Cook time. Add additional foods based on individual minimum Speed Cook time. For example in Step 3 add the green bean casserole after 19 minutes, so the beans can cook 16 minutes.
5. Check foods occasionally during cooking, just as you would for conventional oven meal cooking. You may need to remove some foods from the oven, stir or rearrange placement of items in the oven.

TIPS FOR SPEED COOKING OVEN MEALS

Cookware/Bakeware

• See recommendations in various sections (pages 6, 11, 15, 23, 25 and 29).
NOTE: Use metal pan without rack for meats and whole poultry.
• Cover dishes if called for in the recipe. Do not cover a metal dish with a metal lid or aluminum foil.
• Vegetables should be cooked in a glass dish with a cover.

Rack Positions

• For optimum results, place the food on one rack. Use rack position #2 or #3.
• For two-rack cooking, place two of the items on rack position #1. Place the third item (vegetable) on rack position #4.
• When using two racks, items should be covered, if possible, to prevent condensation on the bottoms of the pans on the top rack.
NOTE: Desserts are best cooked separately.

OVEN MEAL CHART*

MEAL#	FOOD (QUANTITY)	RACK POS.	SPEED TIME**	MEAL TIME DIFFERENCE	NOTES
1	Whole Chicken, cut-up 4 Baked Potatoes Canned Corn (16 oz.)	#1 left #1 rt rear #1 rt front	30 to 35 min. 21 to 23 min. 6 to 8 min.	29 min.	Add first. Depends on size. See page 23 Add after 24 minutes.
2	Tuna Noodle casserole Frozen Green Beans (16 oz.)	#1 left #1 right	12 to 15 min. 12 to 14 min.	3 min.	Add all food at once.
3	Whole chicken (2.5 to 3 lbs.) Stuffing Green Bean casserole - 18 oz.	#1 center/left #1 right #4 center	30 to 35 min. 15 min. 16 to 20 min.	20 min.	Add first. Add after 15 minutes. Add after 15 minutes.
4	2¾ lbs. Frozen Fish Steaks (Sword) Frozen Peas (9 oz.) Liptons Long Grain & Wild Rice-1 pkg.	#1 left #4 center #1 right	12 to 15 min. 12 to 14 min. 18 to 20 min.	8 min.	Add all food at once.
5	4 Pork Chops (plain - ¾" loin) Frozen Broccoli Spears (9 oz.) Frozen Potato Wedges (1 lbs.)	#1 left #4 center #1 right	13 to 16 min. 12 to 14 min. 9 to 13 min.	7 min.	Add all food at once.
6	Pot roast (4 lbs. chuck - boneless) Carrots (¾ lbs. - ½" thick) Potatoes (¾ lbs. - 1" cubes) Onions (1 med. - qtr.)	#1 center #1 center #1 center #1 center	1 hr. 20 min.		Add first. Add vegetables in cooking bag with roast after 40 minutes.

*Use **SPEED COOK 1** for Oven Meals.

**Times are based on specific brands of mixes or recipes tested. Actual times will depend on the recipes you Speed Cook.

†When placing more than one dish on a rack, see recommended dish placement.

Pork Chops with Mustard-Pretzel Coating

1 tablespoon plus 1 teaspoon yellow or Dijon mustard
4 pork loin chops (about 7 oz. each), 1 inch thick
Dash of pepper
1 cup coarsely crushed pretzels

Lightly grease 12 x 8-inch glass baking dish. Set aside. Spread ½ teaspoon mustard on each side of chops. Sprinkle chops with pepper. Dredge both sides of each chop in pretzels. Arrange chops in prepared dish. Place dish in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 1** for 23 minutes. Bake for 18 to 23 minutes, or until chops are no longer pink, or until desired doneness. Let stand for 5 minutes before serving.

Conventional Method: Heat oven to 350°F. Prepare as directed. Bake for 45 to 55 minutes, or until chops are no longer pink, or until desired doneness. Let stand for 5 minutes before serving.

4 servings

Per Serving:				Exchanges:
Calories:	250	Cholesterol:	75mg.	.5 Starch/Bread
Protein:	27g.	Sodium:	360g.	3.5 Meat/Lean
Total Carbohydrate:	11g.	Calcium:	24mg.	
Total Fat:	10g.			

Seasoned Potato Wedges

4 small russet potatoes (5 to 7 oz. each)
2 to 3 teaspoons olive oil
1½ to 2 teaspoons seasoned salt or garlic salt

Cut each potato into 8 wedges. Arrange wedges skin-sides-down in 13 x 9-inch glass baking dish. Brush wedges with oil. Sprinkle evenly with salt. Place dish in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 1** for 18 minutes. Bake for 15 to 18 minutes, or until potatoes are tender. Let stand for 5 minutes before serving.

Conventional Method: Heat oven to 400°F. Prepare as directed. Bake for 30 to 35 minutes, or until potatoes are tender and golden brown. Let stand for 5 minutes before serving.

4 servings

Per Serving:				Exchanges:
Calories:	130	Cholesterol:	0mg.	1.5 Starch/Bread
Protein:	3g.	Sodium:	610g.	.5 Fat
Total Carbohydrate:	25g.	Calcium:	13mg.	
Total Fat:	2.5g.			

Pea Pods, Carrots & Pineapple

2 cups frozen sugar snap peas (8 oz.)
2 cups frozen sliced carrots (8 oz.)
1 can (8¼ oz.) crushed pineapple in heavy syrup or juice, drained (reserve 2 tablespoons syrup)
2 tablespoons butter or margarine, melted
¼ teaspoon salt
⅛ teaspoon ground allspice

In 1½-quart casserole, combine peas, carrots and pineapple. In small bowl, combine reserved syrup, butter, salt and allspice. Pour mixture over pea mixture. Cover. Place casserole in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 1** for 20 minutes. Bake for 15 to 20 minutes, or until vegetables are tender-crisp, stirring after 10 minutes. Let stand for 5 minutes before serving. Stir before serving.

Conventional Method: Heat oven to 350°F. Prepare as directed. Cover. Bake for 30 to 35 minutes, or until vegetables are tender-crisp. Continue as directed.

4 to 6 servings

Per Serving:				Exchanges:
Calories:	80	Cholesterol:	10mg.	1 Vegetable
Protein:	2g.	Sodium:	150g.	.5 Fruit
Total Carbohydrate:	10g.	Calcium:	39mg.	1 Fat
Total Fat:	4g.			

Pork Chop Oven Meal Chart: (Set **SPEED COOK 1** for 23 minutes)

Food	Rack Pos.	Speed Time	Meal Time Diff.	Notes
Pork Chop	#1 left	18 to 23 min.	23 – 15 = 8 min.	Add all food at once.
Potato Wedges	#1 right	15 to 18 min.		
Vegetables	#4 middle	15 to 20 min.		Stir vegetables after 10 min.

Roast Chicken with Honey Orange Glaze

2 tablespoons butter or margarine, melted
1 tablespoon honey
1 teaspoon grated orange peel
1 whole broiler / fryer chicken (3 1/2 to 4 lbs.)
1/2 orange, cut into quarters

Spray roasting pan with nonstick vegetable cooking spray. Set aside. In small bowl, combine butter, honey and peel. Set glaze aside. Remove and discard chicken giblets. Rinse chicken with water. Pat dry with paper towels. Stuff chicken with orange quarters. Secure chicken's legs together with string. Place chicken breast-side-up on prepared roasting pan. Spray chicken with nonstick vegetable cooking spray. Place pan in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 1** for 35 to 45 minutes, depending on size of chicken. Bake for 30 to 40 minutes (remove pan from oven and check chicken after 30 minutes), or until internal temperature in thickest portion of thigh registers 180°F. Remove from oven. Brush half of glaze evenly over chicken. Continue baking for 3 minutes. Brush remaining glaze evenly over chicken. Continue baking for additional 2 minutes, or until glaze begins to brown. Let stand for 5 to 10 minutes before carving.

Conventional Method: Heat oven to 375°F. Prepare as directed. Bake unglazed chicken for 1 hour 15 minutes. Remove from oven. Brush half the glaze evenly over chicken. Bake for additional 5 to 20 minutes, or until internal temperature in thickest portion of thigh registers 180°F, brushing with remaining glaze once. Let stand for 5 to 10 minutes before carving.

4 to 6 servings

Per Serving:				Exchanges:
Calories:	210	Cholesterol:	85mg.	3 Meat/Lean
Protein:	25g.	Sodium:	115g.	.5 Fruit
Total Carbohydrate:	4g.	Calcium:	19mg.	1 Fat
Total Fat:	10g.			

Roast Chicken with Honey Orange Glaze, Acorn Squash with Cran-Apple Filling and Fruited Bread Stuffing

Acorn Squash with Cran-Apple Filling

2 medium acorn squash (about 1¼ lbs. each)
1 tablespoon butter or margarine, melted

Filling:
1 cup whole-berry cranberry sauce
⅓ cup chopped dried apples
1 tablespoon butter or margarine, melted
1 tablespoon packed brown sugar
⅛ teaspoon ground cinnamon
Ground nutmeg

Lightly grease 13 x 9-inch glass baking dish. Set aside. Cut each squash lengthwise in half. Remove seeds. Brush top and cavity of halves evenly with 1 tablespoon butter. Arrange halves cut-sides down in prepared dish. Place dish in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 1** for 21 minutes. Bake for 12 to 15 minutes, or until squash is tender. Remove from oven. Set squash aside. In small mixing bowl, combine filling ingredients except for nutmeg. Turn squash halves cut-sides-up. Sprinkle top and cavities with nutmeg. Spoon filling evenly into cavities. Continue baking for additional 4 to 6 minutes, or until filling is hot. Let stand for 5 minutes before serving.

Conventional Method: Heat oven to 350°F. Prepare as directed. Bake squash for 35 to 40 minutes, or until tender. Remove from oven. Set squash aside. Prepare filling as directed. Sprinkle cavities with nutmeg. Spoon filling evenly into cavities. Bake for additional 10 to 15 minutes, or until filling is hot. Let stand for 5 minutes before serving.

4 servings

Per Serving:				Exchanges:
Calories:	280	Cholesterol:	15mg.	1.5 Starch/Bread
Protein:	2g.	Sodium:	95g.	2.5 Fruit
Total Carbohydrate:	59g.	Calcium:	82mg.	1 Fat
Total Fat:	6g.			

Fruited Bread Stuffing

¼ cup butter or margarine
2 stalks celery, chopped (1 cup)
¾ cup chopped onion
4 cups soft bread cubes (½-inch cubes)
⅓ cup orange juice
¼ cup dried currants or raisins
¼ cup snipped fresh parsley or 1 tablespoon plus 1 teaspoon dried parsley leaves
½ teaspoon poultry seasoning
¼ teaspoon salt
¼ teaspoon pepper

Lightly grease 1-quart casserole. Set aside. In 12-inch nonstick skillet, melt butter over medium heat. Add celery and onion. Cook for 4 to 5 minutes, or until vegetables are tender-crisp, stirring frequently. Remove from heat. Stir in remaining ingredients. Spread evenly in prepared casserole. Cover. Place casserole in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 1** for 13 minutes. Bake for 10 to 13 minutes, or until stuffing is hot and vegetables are tender. Let stand for 5 minutes before serving.

Conventional Method: Heat oven to 350°F. Prepare as directed. Cover. Bake for 30 to 35 minutes, or until stuffing is hot and vegetables are tender. Let stand for 5 minutes before serving.

4 servings

Per Serving:				Exchanges:
Calories:	320	Cholesterol:	30mg.	2 Starch/Bread
Protein:	7g.	Sodium:	280g.	1 Vegetable
Total Carbohydrate:	46g.	Calcium:	45mg.	.5 Fruit
Total Fat:	13g.			2.5 Fat

Chicken Oven Meal Chart: (Set **SPEED COOK 1** for 35-45 minutes, depending on size of chicken)

Food	Rack Pos.	Speed Time	Meal Time Diff.	Notes
Chicken	1 center/left	35 to 45 min.	45 – 10 = 35 min.	
Squash	4 center	16 to 21 min.		Add after 29 min.
Stuffing	1 right	10 to 13 min.		Add after 35 min.
Squash Filling				Add after 41 min.

Acorn Squash with Cran-Apple Filling

2 medium acorn squash (about 1¼ lbs. each)
1 tablespoon butter or margarine, melted

Filling:
1 cup whole-berry cranberry sauce
⅓ cup chopped dried apples
1 tablespoon butter or margarine, melted
1 tablespoon packed brown sugar
⅛ teaspoon ground cinnamon
Ground nutmeg

Lightly grease 13 x 9-inch glass baking dish. Set aside. Cut each squash lengthwise in half. Remove seeds. Brush top and cavity of halves evenly with 1 tablespoon butter. Arrange halves cut-sides down in prepared dish. Place dish in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 1** for 21 minutes. Bake for 12 to 15 minutes, or until squash is tender. Remove from oven. Set squash aside. In small mixing bowl, combine filling ingredients except for nutmeg. Turn squash halves cut-sides-up. Sprinkle top and cavities with nutmeg. Spoon filling evenly into cavities. Continue baking for additional 4 to 6 minutes, or until filling is hot. Let stand for 5 minutes before serving.

Conventional Method: Heat oven to 350°F. Prepare as directed. Bake squash for 35 to 40 minutes, or until tender. Remove from oven. Set squash aside. Prepare filling as directed. Sprinkle cavities with nutmeg. Spoon filling evenly into cavities. Bake for additional 10 to 15 minutes, or until filling is hot. Let stand for 5 minutes before serving.

4 servings

Per Serving:				Exchanges:
Calories:	280	Cholesterol:	15mg.	1.5 Starch/Bread
Protein:	2g.	Sodium:	95g.	2.5 Fruit
Total Carbohydrate:	59g.	Calcium:	82mg.	1 Fat
Total Fat:	6g.			

Fruited Bread Stuffing

¼ cup butter or margarine
2 stalks celery, chopped (1 cup)
¾ cup chopped onion
4 cups soft bread cubes (½-inch cubes)
⅓ cup orange juice
¼ cup dried currants or raisins
¼ cup snipped fresh parsley or 1 tablespoon plus 1 teaspoon dried parsley leaves
½ teaspoon poultry seasoning
¼ teaspoon salt
¼ teaspoon pepper

Lightly grease 1-quart casserole. Set aside. In 12-inch nonstick skillet, melt butter over medium heat. Add celery and onion. Cook for 4 to 5 minutes, or until vegetables are tender-crisp, stirring frequently. Remove from heat. Stir in remaining ingredients. Spread evenly in prepared casserole. Cover. Place casserole in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 1** for 13 minutes. Bake for 10 to 13 minutes, or until stuffing is hot and vegetables are tender. Let stand for 5 minutes before serving.

Conventional Method: Heat oven to 350°F. Prepare as directed. Cover. Bake for 30 to 35 minutes, or until stuffing is hot and vegetables are tender. Let stand for 5 minutes before serving.

4 servings

Per Serving:				Exchanges:
Calories:	320	Cholesterol:	30mg.	2 Starch/Bread
Protein:	7g.	Sodium:	280g.	1 Vegetable
Total Carbohydrate:	46g.	Calcium:	45mg.	.5 Fruit
Total Fat:	13g.			2.5 Fat

Chicken Oven Meal Chart: (Set **SPEED COOK 1** for 35-45 minutes, depending on size of chicken)

Food	Rack Pos.	Speed Time	Meal Time Diff.	Notes
Chicken	1 center/left	35 to 45 min.	45 – 10 = 35 min.	
Squash	4 center	16 to 21 min.		Add after 29 min.
Stuffing	1 right	10 to 13 min.		Add after 35 min.
Squash Filling				Add after 41 min.

Sausage Vegetable Strata

½ lb. ground Italian sausage, crumbled
1 cup sliced fresh mushrooms
¼ cup chopped onion
12 slices white bread, crusts trimmed
1½ cups shredded Cheddar cheese, divided
1 cup small fresh broccoli flowerets
2½ cups milk
6 eggs, beaten
1 teaspoon dry mustard
½ teaspoon salt
⅛ teaspoon pepper
3 to 4 drops red pepper sauce

Lightly grease 12 x 8-inch glass baking dish. Set aside. In 12-inch nonstick skillet, combine sausage, mushrooms and onion. Cook over medium-high heat until meat is no longer pink, stirring frequently. Drain. Set aside. Arrange 6 slices bread in single layer in bottom of prepared dish. Layer ¾ cup cheese, the meat mixture and broccoli. Top with remaining 6 slices bread in single layer over broccoli. In large mixing bowl, combine milk, eggs, mustard, salt, pepper and pepper sauce. Slowly pour milk mixture evenly over bread, allowing liquid to run down and between bread slices, and completely moistening top layer of bread. Cover with plastic wrap. Chill at least 2 hours. Remove and discard plastic wrap. Place casserole in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 2** for 44 minutes. Bake for 35 to 40 minutes, or until knife inserted in center comes out clean. Sprinkle top evenly with remaining ¾ cup cheese. Continue baking for additional 2 to 4 minutes, or until cheese is melted and light golden brown. Let stand for 3 to 5 minutes before serving.

Conventional Method: Prepare strata as directed. Cover with plastic wrap. Chill at least 2 hours. Heat oven to 325°F. Remove and discard plastic wrap. Sprinkle top evenly with remaining ¾ cup cheese. Bake for 50 to 55 minutes, or until knife inserted in center comes out clean and cheese is golden brown. Let stand for 3 to 5 minutes before serving.

Variation: Parmesan Artichoke Strata
Omit sausage, mushrooms, onion, broccoli and Cheddar cheese. Arrange 6 slices bread in single layer in bottom of prepared dish. Layer 1 can (14 oz.) artichoke hearts, drained and coarsely chopped; 1 jar (2 oz.) diced pimiento, drained; and ¾ cup shredded fresh Parmesan cheese. Continue as directed above, except sprinkle top evenly with additional ¼ cup shredded fresh Parmesan cheese. Cover with plastic wrap. Prepare as directed above.

Tip: Strata can be prepared one day in advance.

6 to 8 servings

Per Serving:				Exchanges:
Calories:	340	Cholesterol:	205mg.	1 Starch/Bread
Protein:	20g.	Sodium:	550g.	2 Meat/Medium-Fat
Total Carbohydrate:	23g.	Calcium:	280mg.	.5 Milk/Low-Fat
Total Fat:	18g.			1 Fat

Seafood Fettucini Alfredo

- *6 oz. uncooked fettucini, broken into 3-inch pieces*
- *2 tablespoons butter or margarine*
- *2 tablespoons all-purpose flour*
- *1/4 teaspoon salt*
- *Dash pepper*
- *1 cup half-and-half or milk*
- *1 cup shredded fresh Parmesan cheese, divided*
- *1/2 cup sour cream*
- *1/2 lb. frozen cooked shrimp*
- *1 can (6 oz.) crabmeat, drained*
- *1 tablespoon snipped fresh parsley or 1 teaspoon dried parsley leaves*

Lightly grease 1 1/2-quart casserole. Set aside. Prepare fettucini as directed on package. Drain. Set aside. In 10-inch skillet, melt butter over medium heat. Remove from heat. Stir in flour, salt and pepper. Gradually blend in half-and-half. Cook over medium-high heat for 3 to 5 minutes, or until mixture thickens and boils, stirring constantly. Remove from heat. Gradually stir in 3/4 cup cheese and sour cream. Stir in shrimp, crabmeat and prepared fettucini. Spoon mixture evenly into prepared casserole. Cover. Place casserole in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 2** for 21 minutes. Bake for 15 to 18 minutes, or until edges begin to bubble. Sprinkle remaining 1/4 cup cheese and the parsley evenly over fettucini. Continue baking, uncovered, for additional 2 to 3 minutes, or until cheese melts and edges are golden brown. Let stand for 5 minutes before serving.

Conventional Method: Heat oven to 350°F. Prepare as directed, except sprinkle remaining 1/4 cup cheese and the parsley evenly over fettucini before baking. Cover. Bake for 30 to 35 minutes, or until edges begin to bubble. Uncover. Bake for additional 5 to 10 minutes, or until edges are golden brown.

4 to 6 servings

Per Serving:				Exchanges:
Calories:	360	Cholesterol:	135mg.	1.5 Starch/Bread
Protein:	23g.	Sodium:	550g.	2 Meat/Lean
Total Carbohydrate:	25g.	Calcium:	290mg.	3 Fat
Total Fat:	18g.			

Dilled Peas & Water Chestnuts

- *2 cups (8 oz.) frozen baby peas*
- *1/3 cup sliced water chestnuts, drained*
- *2 tablespoons butter or margarine, melted*
- *1/2 teaspoon dried dill weed*

In 1-quart casserole, combine peas and water chestnuts. In small bowl, combine butter and dill. Add butter mixture to pea mixture. Mix well. Cover. Place casserole in oven on rack position #3.

Speed Cook Method: Set **SPEED COOK 1** for 12 minutes. Bake for 9 to 12 minutes, or until peas are hot. Let stand for 5 minutes before serving.

Conventional Method: Heat oven to 350°F. Prepare as directed. Cover. Bake for 25 to 30 minutes, or until peas are hot. Stir once before serving.

4 servings

Per Serving:				Exchanges:
Calories:	110	Cholesterol:	15mg.	1 Starch/Bread
Protein:	3g.	Sodium:	125g.	1 Fat
Total Carbohydrate:	10g.	Calcium:	18mg.	
Total Fat:	6g.			

Fettucini Oven Meal Chart: (Set **SPEED COOK 1** for 21 minutes)

Food	Rack Pos.	Speed Time	Meal Time Diff.	Notes
Fettucini	#3 left	17 to 21 min.	21 − 9 = 12 min.	Add all food at once.
Peas	#3 right	9 to 12 min.		

NOTE: Check Fettucini early when using as an oven meal in **SPEED COOK 1**.

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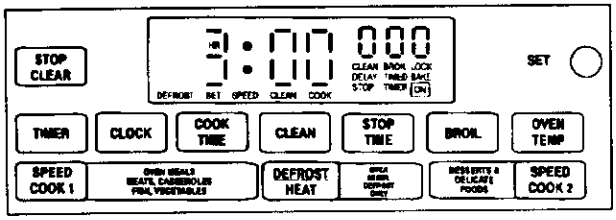
How To Set A Speed Cook Or Defrost Operation

(See pages 5–6 in the Owner's Guide for general operating instructions.)



1. Position the oven racks. Place the food in the oven and close the oven door.
2. Press the appropriate Speed pad.
   - SPEED COOK 1
   - SPEED COOK 2
   - DEFROST/HEAT
3. Move the door lock lever to the right or locked position.
4. Turn the SET knob until the desired Speed Cook time appears in the display. Set the Speed Cook time for half the maximum conventional cooking time. Open door and check the food at half the minimum conventional cooking time.

IMPORTANT

The Speed Cook feature automatically selects the oven temperature. All you select is the cooking time.

- **DO NOT SET OVEN TEMPERATURE**
- **DO NOT PREHEAT THE OVEN**

5. At the end of Speed Cooking, **"HOLD"** appears in the display. Move the door lock lever to the left or unlocked position. Open the door and check the food.
   - If the food is done, press the STOP/CLEAR pad.
   - If the food is not done, close and lock the oven door. Turn the SET knob to select 1 to 10 minutes of additional cooking. "HOLD" is a special operation designed to complete cooking.

ABOUT "HOLD"

- Reset "HOLD" as many times as you wish.
- "HOLD" can only be set for 1 to 10 minutes at a time.
- There is no "HOLD" if DEFROST/HEAT is set for 60 minutes or more.
- "HOLD" is canceled if you press STOP/CLEAR.
- If you do not enter a "HOLD" time, "HOLD" will automatically cancel at the end of 10 minutes and the time of day will reappear in the display.

(See page 5 in the Cooking Guide for additional information on "HOLD".)

Helpful Information About Speed Cooking

(See pages 19–22 in the Owner's Guide and page 5 in the Cooking Guide for more information on the Speed Cook feature.)

SPEED SETTINGS (See page 5 in Cooking Guide.)

- Use **SPEED COOK 1** for meats, poultry, fish, casseroles, main dishes, vegetables, oven meals or frozen convenience foods in aluminum foil containers.
- Use **SPEED COOK 2** for desserts and delicate items (egg or cheese–based foods).
- Use **DEFROST/HEAT for 59 minutes or less** to *defrost–and–heat* frozen convenience foods in heatproof paper or plastic containers.
- Use **DEFROST/HEAT for 60 minutes or more** to *defrost–only* meats or poultry weighing over 4 pounds.

COOKING TIMES (See page 5 in Cooking Guide.)

Speed Cooking is about half the **maximum** conventional cooking time. Set the Speed Cooking time for half the **maximum** conventional cooking time. Check for doneness at half the **minimum** conventional cooking time.

(Example: If a brownie recipe bakes at 350°F for 25 to 30 minutes, you would cook brownies on **SPEED COOK 2** for 15 minutes. Check doneness at 13 minutes.)

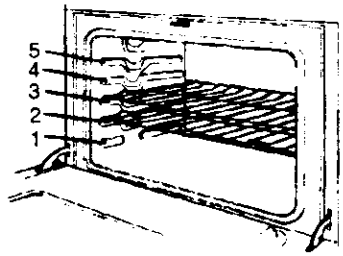
COOKWARE (See page 6 in Cooking Guide.)

Conventional cookware (metal, heatproof glass or ceramic, pottery, aluminum foil, and oven cooking bags) can be used for Speed Cooking. Use metal cookware for roasting meats or poultry to reduce spattering. Frozen convenience foods in heatproof paper or plastic containers are cooked using **DEFROST HEAT for 59 minutes or less**.

COVERING & SHIELDING (See page 7 in Cooking Guide.)

Cover if conventional recipe calls for it. Do not completely cover metal cookware or food with aluminum foil or a metal lid as this will increase cooking time. Use small strips of aluminum foil to shield areas that are defrosting, cooking or browning too quickly.

RACK POSITIONS (See page 7 in Cooking Guide.)



Rack #5 (top) – Used for conventional cooking only.
Racks #4 and #1 – Used for 2 rack cooking of oven meals.
Rack #3 (middle) – Used for cooking poultry, fish, casseroles, vegetables, desserts and oven meals.
Rack #2 – Used to defrost meat or poultry over 4–lbs.; to cook meats, frozen convenience foods, and desserts.
Rack #1 (bottom) – Used for cooking turkey or frozen pies.

If you have questions call us at 1–800–688–1120

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Speed Oven Cooking Chart

FOOD	RACK POSITION	SPEED SETTING	HINTS FOR SPEED COOKING
MEATS, see pages 12–13 in Cooking Guide.			
Beef, pork	2	Speed Cook 1	• Use metal pans to reduce spattering of roasts & turkey. For faster cooking, use glass for poultry & fish.
Chicken, Cornish hens	3	Speed Cook 1	
Turkey, unstuffed	1	Speed Cook 1	• Use oven cooking bag for less tender roasts or precooked ham.
Fish & seafood, thawed	3	Speed Cook 1	• Turn roast/ham over halfway through cooking.
			• Shield fast cooking areas with aluminum foil.
VEGETABLES, see page 23 in Cook guide.	3	Speed Cook 1	• Speed times may be less than half the maximum conventional cook time.
CASSEROLES, see page 16 in Cooking Guide.			
Macaroni & cheese	3	Speed Cook 2	• Use Speed Cook 2 for delicate items such as corn pudding.
Stuffed peppers	2	Speed Cook 2	
Vegetables	3	Speed Cook 1	• Use glass or metal pans. Fill only 1/2 to 2/3 full to avoid boilovers.
Pasta casseroles	3	Speed Cook 1	
Egg, cheese or seafood dishes	2 or 3	Speed Cook 2	• Add toppings (cheese, bread crumbs, sauces, onion rings) during last few minutes of cooking.
DESSERTS, see page 25 in Cooking Guide.			
Brownies, bar cookies	2 or 3	Speed Cook 2	• Speed times may be slightly more than half the maximum conventional cook time. Complete cooking using "HOLD".
Snack convenience foods	2 or 3	Speed Cook 2	
Apple crisp	2	Speed Cook 2	
Fruit cobbler	3	Speed Cook 2	• Use metal for baked items (bar cookies, brownies).
Cream puffs	3	Speed Cook 2	
FROZEN FOODS, see page 29 in Cooking Guide.			Follow package directions for conventional oven, NOT a microwave oven.
Convenience foods in			
• Heatproof paper/plastic	2 or 3	Defrost/Heat	• Set time for 59 minutes or less.
• Metal, glass or aluminum foil	2 or 3	Speed Cook 1	
Pies, baked	1	Speed Cook 1	
French fries, tater tots, etc.	2 or 3	Speed Cook 1	
Pizza			
• Soft crust	2	Speed Cook 1	• Place pizza on a pizza pan for soft crust.
• Crisp crust	3	Speed Cook 2	• Place pizza on oven rack for crisp crust.
Fish sticks	2	Speed Cook 1	• Turn fish over halfway through cooking.
DEFROSTING, see pages 9–10 in Cooking Guide.	2	Defrost/Heat	• Set time for 60 minutes or more.
Meats & poultry, over 4 pounds			• Use metal pan.
			• Shield warm areas with small strips of aluminum foil.
			• Turn roasts over several times.

NOTE: Set Speed Cook Time for half the maximum conventional cook time. Check doneness at half the minimum conventional cook time. **Do not set oven temperature or preheat the oven when Speed Cooking.**

OVEN MEALS – USE SPEED COOK 1

For complete instructions, see page 31 in Cooking Guide.

A. Position the oven racks.
   * One rack – use position #2 or #3.
   * Two racks – use positions #4 and #1 (bottom). Place vegetable on rack #4.

B. Determine the minimum and maximum Speed Cook time for each food.

C. To determine when foods are placed in the oven, find the "meal time difference" by subtracting the minimum Speed Cook time from the maximum Speed Cook time.
   * If the difference is 15 minutes or less, place all foods in the oven at the same time.
   * If the difference is greater than 15 minutes, stagger the entry of the foods. Put the longest cooking food in the oven first.

D. Press SPEED COOK 1 and set for the maximum Speed Cook time. Check foods occasionally during cooking.

Precautions To Avoid Possible Exposure To Excessive Microwave Energy

A. Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

B. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

C. Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) Door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

D. The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

Dear Consumer:

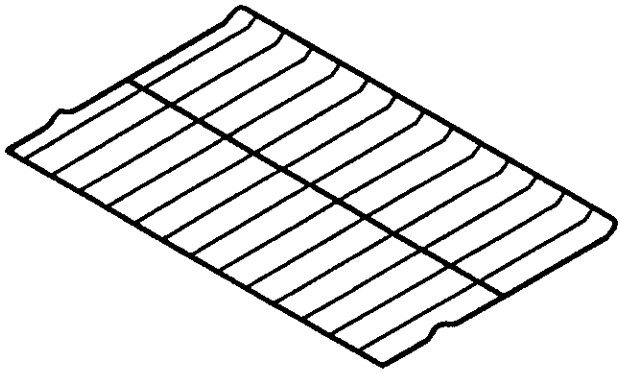
Your range is equipped with two oven racks. One rack is a "straight" rack; the other rack has an "upturned" front edge.

The front edge of the "upturned" rack is designed to be used as a handle when pulling the rack out to add, check, or remove food. If the lowest rack position is used in oven cooking, always place the "upturned" rack in this position.

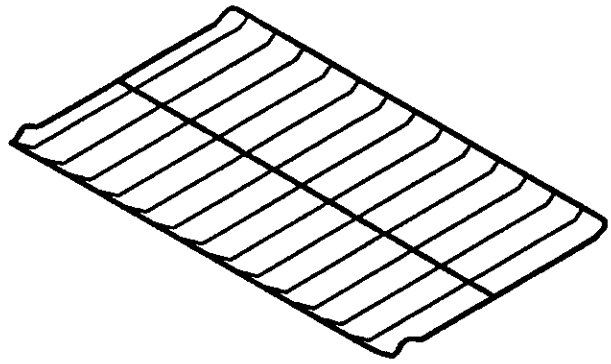
- When cooking on one rack, position the rack so the food is in the center of the oven. Either the "straight" or "upturned" rack can be used. If the lowest rack position is selected, use the "upturned" rack.

- When cooking on two racks, position the racks so they divide the oven in thirds. If the lowest rack position is selected, use the "upturned" rack for this position.

Refer to page 11 in the Owner's Guide for additional information on oven racks and rack positions.



"STRAIGHT" rack



"UPTURNED" rack
(Select this rack when using the lowest rack position)

Speed Oven Cooking Chart

FOOD	RACK* POSITION	SPEED** SETTING	HINTS FOR SPEED COOKING
MEATS, see pages 12–13 in Cooking Guide.			• Use metal pans to reduce spattering of roasts & turkey. For faster cooking, use glass for poultry & fish. • Use oven cooking bag for less tender roasts or precooked ham. • Turn roast/ham over halfway through cooking. • Shield fast cooking areas with aluminum foil.
Beef, pork	2	Speed Cook 1	
Chicken, Cornish hens	3	Speed Cook 1	
Turkey, unstuffed	1	Speed Cook 1	
Fish & seafood, thawed	3	Speed Cook 1	
VEGETABLES, see page 23 in Cook guide.	3	Speed Cook 1	• Speed times may be less than half the maximum conventional cook time.
CASSEROLES, see page 16 in Cooking Guide.			• Use Speed Cook 2 for delicate items such as corn pudding. • Use glass or metal pans. Fill only 1/2 to 2/3 full to avoid boilovers. • Add toppings (cheese, bread crumbs, sauces, onion rings) during last few minutes of cooking.
Macaroni & cheese	3	Speed Cook 2	
Stuffed peppers	2	Speed Cook 2	
Vegetables	3	Speed Cook 1	
Pasta casseroles	3	Speed Cook 1	
Egg, cheese or seafood dishes	2 or 3	Speed Cook 2	
DESSERTS, see page 25 in Cooking Guide.			• Speed times may be slightly more than half the maximum conventional cook time. Complete cooking using "HOLD". • Use metal for baked items (bar cookies, brownies).
Brownies, bar cookies	2 or 3	Speed Cook 2	
Snack convenience foods	2 or 3	Speed Cook 2	
Apple crisp	2	Speed Cook 2	
Fruit cobbler	3	Speed Cook 2	
Cream puffs	3	Speed Cook 2	
FROZEN FOODS, see page 29 in Cooking Guide.			• Follow package directions for conventional oven, NOT a microwave oven.
Convenience foods in		Defrost/Heat	• Set time for 59 minutes or less.
• Heatproof paper/plastic	2 or 3	Speed Cook 1	
• Metal, glass or aluminum foil	2 or 3	Speed Cook 1	
Pies, baked	1	Speed Cook 1	
French fries, tater tots, etc.	2 or 3		
Pizza			
• Soft crust	2	Speed Cook 1	• Place pizza on a pizza pan. • Place pizza on oven rack.
• Crisp crust	3	Speed Cook 2	
Fish sticks	2	Speed Cook 1	• Turn fish over halfway through cooking.
DEFROSTING, see pages 9–10 in Cooking Guide.			
Meats & poultry, over 4 pounds	2	Defrost/Heat	• Set time for 60 minutes or more.
			• Use metal pan. • Shield warm areas with small strips of aluminum foil. • Turn roasts over several times.

NOTE: Set Speed Cook Time for half the maximum conventional cook time. Check doneness at half the minimum conventional cook time.

* Rack position #1 is the bottom rack position.

**** Do not set oven temperature or preheat the oven when Speed Cooking.**

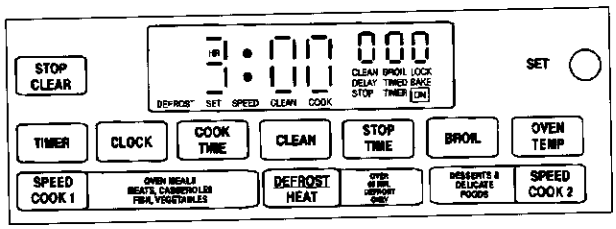
OVEN MEALS – USE SPEED COOK 1

For complete instructions, see page 31 in Cooking Guide.

1. Determine menu and select cookware.
2. Position the oven racks.
   *One rack – use position #2 or #3.
   *Two racks – use positions #4 and #1 (bottom). (Place vegetable on rack #4.)
3. Determine the minimum and maximum Speed Cook time for each food.
4. To determine when foods are placed in the oven, find the "meal time difference" by subtracting the minimum Speed Cook time from the maximum Speed Cook time.
   *If the difference is 15 minutes or less, place all foods in the oven at the same time.
   *If the difference is greater than 15 minutes, stagger the entry of the foods. Put the longest cooking food in the oven first.
5. Press SPEED COOK 1 and set for the maximum Speed Cook time. Add additional foods based on the individual minimum Speed Cook times. Check foods occasionally during cooking.

How To Set A Speed Cook Or Defrost Operation

(See pages 5–6 in the Owner's Guide for general operating instructions.)



1. Position the oven racks. Place the food in the oven and close the oven door.
2. Press the appropriate Speed pad.
   - SPEED COOK 1
   - SPEED COOK 2
   - DEFROST/HEAT
3. Move the door lock lever to the right or locked position.
4. Turn the SET knob until the desired Speed Cook time appears in the display. Set the Speed Cook time for half the maximum conventional cooking time. Open door and check the food at half the minimum conventional cooking time.

IMPORTANT

The Speed Cook feature automatically selects the oven temperature. All you select is the cooking time.

- **DO NOT SET OVEN TEMPERATURE**
- **DO NOT PREHEAT THE OVEN**

5. At the end of Speed Cooking, **"HOLD"** appears in the display. Move the door lock lever to the left or unlocked position. Open the door and check the food.
   - If the food is done, press the STOP/CLEAR pad.
   - If the food is not done, close and lock the oven door. Turn the SET knob to select 1 to 10 minutes of additional cooking. "HOLD" is a special operation designed to complete cooking.

ABOUT "HOLD"

- Reset "HOLD" as many times as you wish.
- "HOLD" can only be set for 1 to 10 minutes at a time.
- There is no "HOLD" if DEFROST/HEAT is set for 60 minutes or more.
- "HOLD" is canceled if you press STOP/CLEAR.
- If you do not enter a "HOLD" time, "HOLD" will automatically cancel at the end of 10 minutes and the time of day will reappear in the display.

(See page 5 in the Cooking Guide for additional information on "HOLD".)

Helpful Information About Speed Cooking

(See pages 19–22 in the Owner's Guide and page 5 in the Cooking Guide for more information on the Speed Cook feature.)

SPEED SETTINGS (See page 5 in Cooking Guide.)

- Use **SPEED COOK 1** for meats, poultry, fish, casseroles, main dishes, vegetables, oven meals or frozen convenience foods in aluminum foil containers.
- Use **SPEED COOK 2** for desserts and delicate items (egg or cheese-based foods).
- Use **DEFROST/HEAT for 59 minutes or less** to *defrost–and–heat* frozen convenience foods in heatproof paper or plastic containers.
- Use **DEFROST/HEAT for 60 minutes or more** to *defrost–only* meats or poultry weighing over 4 pounds.

COOKING TIMES (See page 5 in Cooking Guide.)

Speed Cooking is about half the **maximum** conventional cooking time. Set the Speed Cooking time for half the **maximum** conventional cooking time. Check for doneness at half the **minimum** conventional cooking time.

(Example: If a brownie recipe bakes at 350°F for 25 to 30 minutes, you would cook brownies on **SPEED COOK 2** for 15 minutes. Check doneness at 13 minutes.)

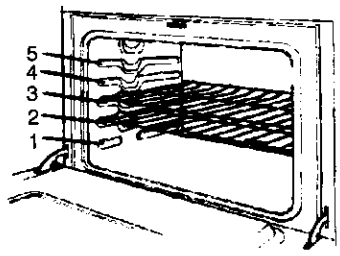
COOKWARE (See page 6 in Cooking Guide.)

Conventional cookware (metal, heatproof glass or ceramic, pottery, aluminum foil, and oven cooking bags) can be used for Speed Cooking. Use metal cookware for roasting meats or poultry to reduce spattering. Frozen convenience foods in heatproof paper or plastic containers are cooked using **DEFROST HEAT for 59 minutes or less**.

COVERING & SHIELDING (See page 7 in Cooking Guide.)

Cover if conventional recipe calls for it. Do not completely cover metal cookware or food with aluminum foil or a metal lid as this will increase cooking time. Use small strips of aluminum foil to shield areas that are defrosting, cooking or browning too quickly.

RACK POSITIONS (See page 7 in Cooking Guide.)



Rack #5 (top) – Used for conventional cooking only.
Racks #4 and #1 – Used for 2 rack cooking of oven meals.
Rack #3 (middle) – Used for cooking poultry, fish, casseroles, vegetables, desserts and oven meals.
Rack #2 – Used to defrost meat or poultry over 4–lbs.; to cook meats, frozen convenience foods, and desserts.
Rack #1 (bottom) – Used for cooking turkey or frozen pies.

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